



# Coping With Disease: Infectious reading

— See In DEPTH '87 inside today's Spartan Daily

# SPARTAN DAILY

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Serving the San Jose State University Community Since 1934

Tuesday, November 17, 1987

## Evans selects UPD chief search committee

By David Barry  
Daily staff writer

Just two weeks after Lew Schatz resigned as SJSU's director of public safety, the process to select his successor has begun.

A spokeswoman in Executive Vice President J. Handel Evans' office said Monday that Evans has named the search committee for a new director.

The committee will be composed of:

- Anna Kuhl, chairwoman of the administration of justice department.

- Mo Qayoumi, associate executive vice president of Facilities De-

velopment and Operation.

- Wiggys Sivertsen, SJSU counselor and professor.

- Jose Villa, dean of the School of Social Work.

- Willie Brown, director of Housing Services.

- A student, who has not yet been selected.

The director of public safety's responsibilities include supervision and management of the University Police Department, campus parking and traffic operations.

The six-member committee will hold its first meeting next Monday at 8:30 a.m. in Tower Hall.

Sivertsen said she believes

Evans will probably select either Qayoumi or Kuhl to chair the committee.

Evans, who was in meetings Monday afternoon, could not be reached for comment.

Sivertsen and Qayoumi were the only search committee members who could be reached for comment Monday.

This will be the third search committee since Earnest Quinton resigned the director position in March 1984.

The first search for the \$55,000-a-year job in 1985 failed to yield a candidate. The second search completed in the spring of 1986 pro-

duced Schatz.

But unbeknown to the 10-member committee, Schatz was hired without a background check.

The check would have revealed that Schatz was fired from his Multnomah County, Ore., Sheriff's deputy position in 1975 and that he resigned in 1976 from a job as a police officer with the city of Forest Grove, Ore., under a mutual understanding with then-chief Al Bomberger.

"For me what is very clear is that I'm going to make sure we do a real thorough background search," Sivertsen said.

Qayoumi, who did not come to SJSU until after Schatz was selected,

refused to say when the next chief would be selected.

"Whenever you pick any executive position, like a university police chief, it's a pretty involved and difficult process," Qayoumi said.

The duties of the committee are to send out an advertisement describing the job, to review the applications, to interview each finalist and to compile a list of the top candidates for Evans.

Then Evans selects the next director and sends his recommendation to university President Gail Fullerton for final approval.

— Staff writer Edwin Garcia contributed to this report.

**'For me what is very clear is that I'm going to make sure we do a real thorough background search.'**

— Wiggys Sivertsen, SJSU counselor

## Picking it up



David Rose, a junior majoring in music, plays a portion of Bach's "Lute Music for Guitar" on the steps outside of the Music Building.

Rose, who has played the guitar for about five years, had originally been majoring in English but changed his major to music.

## A.S. president urges change in GSL ratings

By Edwin Garcia  
Daily staff writer

Associated Students President Michael McLennan wants SJSU graduates to have better credit.

A better credit rating, that is.

Former students making payments on a Guaranteed Student Loan lose credit rating points for late or delinquent payments, but they don't necessarily get good rating points when payments are made on time, McLennan said.

He wants to change the latter.

The current rating system suggests that students are a high risk group and are not capable of repaying credit, he said.

"I think that's misleading," McLennan said.

When he first learned of the payback status, he called it "grossly unfair." Now he hopes a legislator can sponsor a bill to require banks to report automatically both good and

bad credit statistics from GSLs.

Students paying back a GSL may be affected when two credit rating bureaus, Credit Bureau Incorporated and TRW, are notified by banks each month basis on the status of debtors.

"It's all up to the creditor" whether to notify the bank either way, said Joyce Martin, a supervisor at Credit Bureau Incorporated.

Before a student begins paying back a loan he can request that a record be kept of his good credit rating because CBI will not do it automatically, she said.

A late payment stays on a person's record for a minimum of seven years, a TRW spokesman said.

Terri Carbaugh, legislative director of the California State Student Association in Sacramento, said that after researching the issue CSSA will vote on whether to take it to the state Legislature.

## Philippine economy shaky, speaker says

By Brenda Tai Lam  
Daily staff writer

After conducting research on the current political situation in the Philippines, an SJSU political science professor believes that President Corazon Aquino's efforts at stabilizing the economy has not had a significant impact on the Philippine people.

Lela Noble, who spoke last Wednesday to a group of political science professors, said that while Aquino has done some things well during her 21 months as president, she has had difficulty finding ways to improve living conditions for Filipinos and has been unable to satisfy contending factions.

Noble, who is also the associate academic vice-president for Faculty Affairs, became interested in doing research on the Philippines because of her interest in Asian and American policy "and the Philippines fell under those topics," she said.

She started her research on the

Philippines in 1963 and her last visit to the island was in 1983, although she makes visits whenever possible, she said.

"The Philippines has an opportunity to demonstrate that it's possible to address enormous social economic problems through a democratic process," Noble said.

A new constitution, election of new Congress members and stabilization of the economy are among the Aquino administration's accomplishments. Eighty percent of the members elected to the new Congress were Aquino supporters.

Economic indicators showed more favorable figures than they did when Marcos was still president in a review done in August 1987.

According to 1987 figures, there was a 10 percent increase in production in the industrial sector. There has also been a 6 percent increase in services covering transportation, restaurants and hospitals, and

See AQUINO, back page

## SJSU to face E. Michigan in Cal Bowl

Eastern Michigan beat Bowling Green 38-18 in a college football game at Ypsilanti, Mich., on Saturday.

Why might you care? Because you will be reading a lot more about Eastern Michigan in the next three weeks.

Eastern Michigan will face SJSU on Dec. 12 at California Bowl VII in Fresno.

The Spartans clinched their bowl bid in a 42-17 romp over Pacific on Nov. 7, but their opponent hadn't been

See BOWL, back page

## Fire alarm clears Clark Library

By Russ Baggerly  
Daily staff writer

It took students and employees only four-and-a-half minutes to evacuate the Clark Library when the fire alarms sounded Thursday.

But it wasn't a fire drill: There wasn't a fire.

A drop in water pressure in the library's pipes caused the building's fire alarms to sound, resulting in a complete evacuation of the structure.

"It's a five-story building," said Ruth Hafter, library director, "and the drop in pressure meant that there was no water for the sprinkler system in the upper floors."

Four-and-a-half minutes was considered a good evacuation time.

"We're getting better each time," she said. "We've really gotten the knack."

"Some of my people thought I had done this as a test, but I have other ways of doing that," Hafter said.

University Police Department representatives arrived moments after the alarm sounded and assisted in the evacuation.

Once the evacuation was completed, Hafter and UPD officers checked the interior of the building, and turned off the alarm system until the water pressure could be raised to normal level.

Employees stood at the door turning away students just arriving at the library.

Yvonne Gearhart, a junior in sociology, said that someone at the door told her of the problem. "I started to walk in and (an employee) told me the library was closed."

Outside, students who had been studying in the library waited patiently as the alarm continued to sound. Pat Forbes, a graduate student in education, was working on the second floor when the alarm sounded.

"At first I thought it was a door alarm," Forbes said. "There were employees moving around, then they started telling people to leave."

"People weren't moving very fast," he said.

A few minutes after the alarm stopped ringing, UPD officers re-opened the doors and the students returned to their studies.

"We will have to make a decision whether we will keep the library open," Hafter said. "It's not really the best idea to have (students) in here with the alarm disabled."

## Apple chief signs new book at SJSU

By Dave Lanson  
Daily staff writer

The U.S. economy will no longer be able to finance an affluent middle class that also happens to be the country's largest market, said John Sculley, chief executive officer and chairman of the board of Apple computers, Monday.

Sculley was on campus to open MacFest '87, a two-day exhibition of the latest Apple Macintosh software and equipment in the Student Union Ballroom. The show concludes at 5 p.m. today.

"Five years ago, I never would have thought I would be here in the Silicon Valley today," he said. "I didn't think the young

founders of Apple would want a guy from a low-tech industry back East to come out here and start up a high-tech business."

Sculley, who masterminded the "Pepsi Generation" advertising campaign when he was a marketing executive for the soft drink company, was at SJSU also to promote his new book "Odyssey: Pepsi to Apple, a Journey of Adventures, Ideas and the Future."

"I wrote the book because I have had the chance to run companies in both the industrial age and the information age," he said. "In this country we have created an economy that is geared toward fueling out affluent, middle-class life-

style, and we just can't do that anymore."

"I wanted to write about these things while everybody's still interested. Most (chief executive officers) write after retirement, when the world's not like that anymore."

Sculley said he initially told Steven Jobs, one of Apple's co-founders, that he (Sculley) was not the right man for the job, to which Jobs replied: "Do you want to spend the rest of your life selling sugar water or do you want to change the world?"

Sculley said today's business leaders need to place a greater emphasis on creativity and recognizing

See APPLE, back page



Michael Burke — Daily staff photographer

John Sculley, Apple computer's chief executive officer, discusses MacFest '87



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DAILY

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## Shaving hotline full of Schick

I was making one of my occasional trips to the Spartan Bookstore to purchase my allotment of over-priced crap that happens to say SJSU on it, when, upon handing over a sum of cash to the equivalent of the gross national product of Botswana, I was given a free Schick razor.

Of course I instantly recognized the fact that this "trial" razor, a cheap-looking plastic instrument that reads "San Jose State University," is nothing more than an attempt by Schick to trap me into buying its over-priced blades when I have used up the two that came with the razor.

But on closer inspection of the package, I noticed that the good folks at Warner-Lambert, which owns Schick, offer not only shaving tips but a shaving hotline as well.

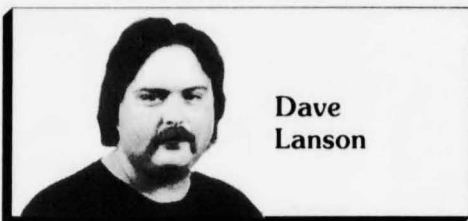
Eureka! I thought, now I can have someone answer all the deep, burning shaving questions that have festered in my soul for oh so many years: How long do you use a blade before changing it? If I shaved my eyebrows, how long would they take to grow back? How often does Telly Savalas have to shave his head before he starts to look like Curly Howard of the Three Stooges? What would happen if I shaved a cat?

Finally, I can get suggestions from the pros on how to improve my early morning shaving ritual. No longer will I be confused over whether to start with my cheek or chin, whether to use mentholated or baby oil shaving cream, or how to deal with a slight nick. I have information!

The package listed seven tips, ranging from washing your face before starting and drying your face afterward, to not storing the razor at temperatures higher than 120 degrees.

Well, obviously this is not what I expected. I can think up some similar shaving tips, such as don't shave with a rusty butterknife; don't jump up and down or sing John Cougar Mellencamp's songs while shaving or doing anything else for that matter.

Needless to say I found the tips unsatisfying. So, armed with my brand new, SJSU phone in the Spartan Daily Newsroom, I called 1-800-SHAVERS in anticipa-



Dave  
Lanson

tion of hygienic enlightenment. I pictured myself as the bathroom guru of Dwight Bental Hall, dispensing information about shaving to all who asked. Today faces; tomorrow, legs and armpits.

The line was busy.

As any resourceful journalist would do, I called back. Again, it was busy. But thanks to the new university phone system, I used the automatic redial key to continually call for about 10 minutes.

Finally, I got through.

"Hello, this is Schick."

Yes, I noticed on the package of your Schick Plus razor that this number is given for consumers to call with any shaving questions they might have.

"Yes, perhaps I can help you," the cold, unemotional voice in New Jersey said.

"Well, I'm calling to find out about this service you offer and what kinds of questions about shaving you answer," I asked in my most polite tone.

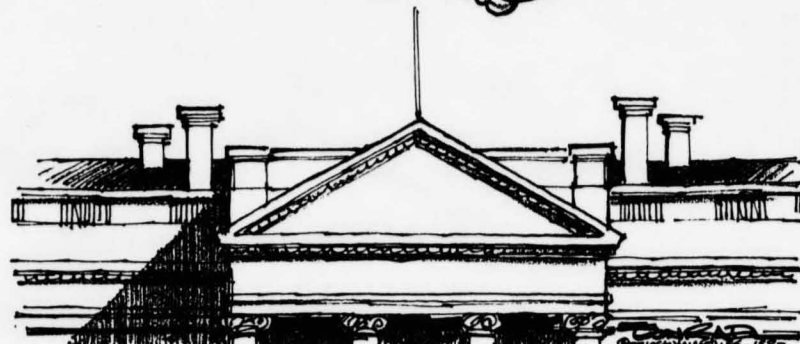
"I'm sorry, I cannot give you that information. I can only answer questions pertaining to our products," she droned.

"Your product here gives this number and asks if the consumer has any any shaving questions. You mean you can't tell me the right way to trim my mustache?"

"I'm sorry, but no."

Sadly, I put down the receiver. All my dreams of being the big razor on campus had vanished. I decided to grab a snack and drown my sorrows in a can of Coke.

It was then I saw it: "For cookie information, Call . . ."



"THE DEFICIT?...THE BUDGET?...THE SUPREME COURT?... DO WHATEVER YOU THINK IS RIGHT."

## Forum Policy

The Spartan Daily would like to hear from you — our readers. Your ideas, comments, criticisms and suggestions are encouraged.

Letters to the editor can be on any topic. However, personal attacks and letters in poor taste will not be published. All letters may be edited for length or libel, and the Daily reserves the right to limit the number of letters on a given topic after a sufficient amount of comment has appeared.

Letters must bear the writer's name, major, phone number and class level. Phone numbers and anonymous letters will not be printed.

Deliver letters to the Daily office on the second floor of Dwight Bental Hall, or to the Student Union information desk.

Editorials are the opinion of a majority of the Spartan Daily Editorial Board. They run without a byline, and appear in the upper left corner.

## Letters to the Editor

## Attack arguments, not writer

Editor,

Why is it every time that someone opposes a view of a columnist, that someone writes a letter attacking the person rather than his or her argument? It seems to be a common practice these days.

The most blatant example of this was printed in the Daily on Nov. 10, 1987, in a letter by Pete Krug. He, instead of attacking David Barry's argument, he calls Barry a "pre-pubescent pinhead." What kind of language is that to print in a newspaper? Not once did Krug prove his point; he was too busy telling someone to "get over your P.M.S." With remarks like this, how can one establish credibility to prove their point?

I am not against the Greek system, but if he is trying to prove they are not immoral, with this kind of language, he is off to a really bad start.

And to think, I thought the Daily's forum policy was not to print letters that are personal attacks. Well, I guess I was wrong.

Joe O'Connor  
Freshman  
Liberal Studies

## Ethnic studies should be required

Editor,

By reading Joe Sandavol's Nov. 6 article "McChA's Tactics Questioned," I see the importance and urgency of having ethnic studies as a graduating requirement (which was one of the issues raised in the protest).

Speaking as a proud Latina, I have always felt the need to learn about my real history in school, as well as learning about black and Asian history. Third World people have fought and died for to get where we are today. Ethnic studies should be for all people, to learn to respect different histories and different cultures through ignorance comes racism.

The "Week of Protest," Nov. 2-6, was called by three statewide organizations, A/BSSA, APSU, and MEChA. Over 25 campuses throughout the state raised concerns on issues affecting their campus. SJSU as well as some other campuses are in a conservative atmosphere where students accept anything that goes on without taking any kind of stand. At U.C. Berkeley, over 300 students held a rally and protests against cutbacks on financial aid, campus racism, and ethnic studies, to name a

few. The enthusiasm was so high and unity among students was so visible, I don't think Joe Sandavol or anyone else would have thought twice about hiding behind a grey pillar.

Yes, I was out there protesting on our campus and I did not do it to be courageous or cute nor to get pity or sympathy. I did it to take a stand for what is right and what is wrong. And racism is WRONG. Mr. Sandavol, if you were not so concerned about hiding your brown skin you might have learned something during the informational rally and/or through the flyers that were being passed around. There are many issues around campus that need to be addressed, such as the problems of the Spartan City families. Don't be afraid to take a stand. If we don't, who will?

Martha Borja  
Senior  
Psychology Political Science

## Tootell's redeeming paragraph

Editor,

An adage in politics is never to argue with the person who has the mike. However, fools rush in where angels fear to tread . . .

On Nov. 9, you published my letter regarding student evaluations. Unfortunately, someone edited the letter in a way which grossly misrepresented its message, by omitting the paragraph summarizing basic flaws about student evaluations which have been found through years of research. Next, your banner read "Evaluations defended," which contradicted the original content of the letter.

I had discussed these flaws earlier with a reporter from the Spartan Daily, though that part of the interview was not published. I favor retention of evaluations if they are adapted to measure student treatment, not effective teaching. My letter, as printed, has caused friends and colleagues to question my sanity or integrity. However, the real problem is that you have denied your readers the truth.

I hope you will print the omitted paragraph, which follows:

"I do not favor the manner in which (student evaluations) are frequently and flagrantly abused by administrations or faculty who have never learned how to analyze data of this type. There are two major difficulties with most efforts to use student evaluations (please see Wittrock and Lumsdaine, Annual Review of Psychology, 1977: 417-499): First, a wide variety of studies has shown that good evaluations are not related to how much students learn. They are positively correlated with students' expected grades, and with teachers appearing fluent and cultivated, good talkers who are agreeable and enthusiastic. (Favorable) evaluations are negatively correlated with teachers' knowledge of the subject. Second, measures of individual performance which are also used as bases of reward, such as tenure or promotion, generally beget behaviors which imitate the measures. In our case, this produces the tenuring and promotion of pleasant incompetents. It was to correct this abuse that I suggested adding a criterion which is closely related to a teacher's actual task."

Geoffrey Tootell, Ph.D.  
Professor of Sociology

## Objecting to 'Good Clean Fun'

Editor,

I personally object to Gene Mahoney's "Good Clean Fun" comic strip in your Tuesday, Nov. 10, edition. I do not want to be associated, no matter how innocent the intent, with such a statement.

I have always had ultimate confidence and faith in our nation's leaders, lawmakers and judges. If I hadn't, I would have chosen another profession long ago. I am proud of our nation, and will defend it at all costs.

John J. Petrick  
Lieutenant Colonel, U.S. Army  
Professor of Military Science

## Thanks for the donations

Editor,

After all the editorial turbulence written about the Greek system on campus, we, the West Hall, 2nd house residence advisors would like to point out an event that demonstrated very positive character among the sororities and fraternities.

On Oct. 30, an article was published in the Spartan Daily on the Adopt-a-kid program sponsored by the 2nd house RA's. The article explained how underprivileged children were able to enjoy an eventful, simulated Halloween night on Oct. 27, which they normally wouldn't have the opportunity to experience. Unfortunately, the participation of certain members of the Greek system was not mentioned.

We would like to publicly thank Delta Sigma Phi, Sigma Alpha Epsilon, Pi Kappa Alpha, Alpha Tau Omega, Delta Zeta, and Delta Gamma for their generosity. It was their donations that helped make the children's experience so enjoyable. Had it not been for these donations, a favorite pastime of carving pumpkins and bobbing for apples would have been missed. We appreciate these fraternities and sororities very much for making this program such a tremendous success.

Alan Dunston, Anna Retrosi, Sean Anderson,  
Jayne Davis, Tim O'Connor and Lisa Woolridge —  
West Hall Resident Advisors.

## Matlovich has been 'deceived'

Editor,

I am rather perturbed at a few comments made by Leonard Matlovich, as quoted by the Spartan Daily story, "Protest sparks AIDS debate." He states: "(I) spoke with Jesus the previous night, and Jesus told me, 'I love you, and I love your homosexual relationship.'" Further, he claims any attack counter to his chosen way of life is prejudice. Well Matlovich, I have news for you. You've been deceived. And anybody who believes and agrees with him has been deceived, lied to, cheated, corrupted, and demented.

Jesus does not love Matlovich's homosexual relationship. I don't know what he heard that night, but believe you me, it was not Jesus Christ.

Also, my "opinion" is not prejudice. Prejudice is discrimination against what God has created someone to be, black, Mexican, etc. . . . Not only did God not create you to be the way you are, you freely chose it, but he condemns the way you live.

However, all are not without hope. For as God is 100 percent just, so too is he 100 percent love. I'll challenge you, Matlovich, and the entire gay community: show God just one who is willing to repent for their sins instead of feeling sorry for themselves, show God just one who is willing to preach the true Gospel and walk as a born again, uncompromising Christian for God alone, and in Jesus' name God will heal that person, AIDS or not.

The answer to AIDS is not rubberizing this nation; it's moralizing it.

Barbara Vertel  
Senior  
Advertising



"AND I RESENT THE LEFT WING ATTEMPTS TO POLITICIZE MY SUPREME COURT APPOINTMENTS!"



## SpartaGuide

A brief look at campus events

Student Health Service will present activities for the "Great American Smokeout" from 9 a.m. to 2 p.m. today through Thursday at the Student Union. Activities will include videotapes about smoking hazards, sign ups for a non-smoking Thursday, and registration for a stop-smoking clinic. Call Oscar Battle at 924-6117 for information.

Help the Homeless Organization will be in front of the Student Union from 9 a.m. to 1 p.m. today and tomorrow. Call Stan Carlberg at 287-1331 for information.

Christian Student Fellowship will present a lunchtime discussion on pertinent issues from 11:30 a.m. to 1:30 p.m. today in the Student Union Pacheco. Call Kurt Jones at 268-1411 for information.

Al-Anon will hold its weekly meeting at noon today in Administration Building room 222A. Call 277-2966 for information.

Campus Ministry will hold a Bible study from noon to 1 p.m. today in the Student Union Guadalupe Room. Call Norb Firnhaber at 298-0204 for information.

Pre-law Association will hold a personal statement workshop at 12:30 p.m. today in the A.S. Council Chambers. Call Scott Higgs at 274-8672 for information.

Career Planning and Placement will present "Careers in the emerging field of information resource management" at 2 p.m. today in the Student Union Almaden Room.

Sigma Delta Chi, the society of professional journalists, will present San Jose Mercury News managing editor Jerry Ceppos who will speak about journalism from 3:30 p.m. to 5 p.m. today in the Spartan Daily newsroom. Call Dani Parkin at 947-7060 for information.

SPARC will hold a meeting at 7:30 p.m. tonight in the Student Union Guadalupe Room. Call Lucy Solis at 739-9520 for information.

SJSU Kendo Club will have Japanese sword fighting today and Thursday from 7 p.m. to 9 p.m. Call Alyne at 371-6134 for information.

Hillel Jewish Student Organization will hold a discussion on kosher dietary laws with Rabbi Dan Dorfman at 11:30 a.m. at 300 S. 10th Street. Call Dan Dorfman at 294-8311 for information.

Women's Resource Center is holding a divorce workshop at noon tomorrow. Call Teri Bengiveno at 924-6500 for information.

Student California Teachers Association is featuring a guest speaker who will talk about "What Student Teaching is Really Like" at noon tomorrow in Sweeney Hall Room 333.

Faculty Booktalks Series is having Professor Phil Wander review John Thompson's "Studies in the Theory of Ideology" at 12:30 p.m. tomorrow at the University Club located at Eighth and San Salvador streets. Call David McNeil at 924-5545 for information.

SJSU Karate Club will be sponsoring a three-day Shorinji Karate Seminar starting tomorrow at 12:30 p.m. It will be taught by Master Iwao Tamotsu, a 10th degree black belt and master of ancient and modern weapons. On Nov. 19 it will begin at 6 p.m. and on Nov. 21 it will begin at 10 a.m. The tournament will be held on Nov. 22. Call Marc Heular at 946-3677 for information.

Career Planning and Placement Center will hold an information session on "Careers with Ask Computers" at 12:30 p.m. tomorrow in the Student Union Montalvo Room. Call Debra Boogaard at 924-6010 for information.

Re-Entry Club is holding a support group meeting at 12:30 p.m. tomorrow in the Student Union Pacheco Room. Call Lee Shatto at 370-2344 for information.

Campus Democrats will hold a

forum on "The Persian Gulf" at 1 p.m. tomorrow in the Associated Student Council Chambers located in the Student Union. Call Michele Bertolone at 924-6042 for information.

Campus Ministry will hold a meditation group at 4 p.m. tomorrow at the Chapel located at 300 S. 10th Street. Call Natalie Shiras at 298-0204 for information.

Campus Ministry invites women to participate in a group exploring women's spirituality and faith journey at 4:30 p.m. tomorrow at the Campus Christian Center at 10th and San Carlos streets. Call Judy Ryan at 298-0204 for information.

Business Professional Advertising Associates will hold a resume workshop tomorrow at 5:30 p.m. in the Student Union Almaden Room. Call Tamar Nelson at 448-0617 for information.

International Association of Students in Business and Economics will hold a general meeting at 6:30 p.m. tomorrow in the Student Union Guadalupe Room. Stop by Business Classroom 208 for information.

Asian American Christian Fellowship will hold its weekly meeting at 7 p.m. in the Student Union Costanoan Room. Call Don Chin at 997-7808 for information.

San Jose State Forerunners will present former Harlem Globetrotter Meadowlark Lemon at 8 p.m. tomorrow night in the Student Union Guadalupe Room. Call Kevin at 998-1395 for information.

Amnesty International will hold a meeting at 9:30 p.m. tomorrow night in the Student Union Pacheco Room. Call Susie Salminen at 277-8225 for information.

SJSU Ski Club will hold a meeting about the Jackson Hole Ski trip at 7:30 p.m. tomorrow night. Call Chuck or Dean at 268-5633 for information.

## Women who drink are at risk

ANAHEIM (AP) — Women who consume two mixed drinks a day may be 40 percent more likely than others to develop high blood pressure and those who drink milk may cut their risk, researchers said Monday.

The study, reported Monday at the annual meeting of the American Heart Association, was based on questionnaires distributed every two years to 58,218 nurses around the country aged 35 to 59.

## Treaty issues need approval

WASHINGTON (AP) — The United States and the Soviet Union will be faced with a "series of choices" including postponement of the scheduled summit meeting if a treaty to ban intermediate-range nuclear missiles is not ready to be signed by the end of the month, a State Department official said Monday.

With Soviet leader Mikhail S. Gorbachev due to arrive in the United States Dec. 7, four treaty issues are not settled. These include safeguards against Soviet cheating as well as a Soviet proposal to follow the accord with negotiations apparently designed to impose restrictions on U.S. jet planes in Europe.

Chief U.S. negotiator Max M. Kampelman is discussing these points in Geneva with Soviet Deputy Foreign Minister Yuli M. Vorontsov. The summit is only three weeks away.

"It's possible the treaty won't get finished unless there is Soviet willingness to face up to some issues," the official said. "Whether you decide to have the summit without the treaty, I don't know. You might end up postponing it."

If the remaining issues are resolved, it will take U.S. and Soviet negotiators about another week to prepare and agree on treaty language. Gorbachev is due to arrive here Dec. 7 and hold talks with President Reagan Dec. 8 to 10.

If the treaty is ready there apparently is no question the summit will go ahead as scheduled.

And even if it is not, the official said, there are a number of serious issues apart from arms control for Reagan and Gorbachev to discuss.

"I think it would be a close call," the official said. "You don't want to set these summits up so they are arms control summits."

And yet, U.S. and Soviet negotiators — not Reagan and Gorbachev — should be dealing with the unsettled treaty issues. "We shouldn't be trying to negotiate INF (Intermediate-range Nuclear Forces) at the summit," the official said. "It should be handled by the experts."

The official discussed the summit situation with a reporter only on condition of anonymity. Asked

when a decision would be taken, the official said: "Maybe by the beginning of December."

The main sticking point concerns U.S. demands for more information about Soviet medium-range missiles than Moscow so far has been willing to provide. Also, the United States wants to station inspectors at certain Soviet intercontinental ballistic missile sites to make sure SS-25s are not modified to replace medium-range SS-20s.

The Soviets have dismissed the proposal as an unacceptable last-minute demand.

If Kampelman is unable to resolve at least some of these differences with Vorontsov, a pre-Thanksgiving trip to Geneva by Secretary of State George P. Shultz may be the next U.S. step. He would meet there with Soviet Foreign Minister Eduard A. Shevardnadze — their fourth set of talks within three months.

## Women resist heart disease

ANAHEIM (AP) — A study of monkeys helps explain why women resist heart disease better than men: female primates make more copies of a genetic blueprint that tells the liver to make proteins to remove fat from blood, scientists said Monday.

Child-bearing also may protect women from heart disease by widening their coronary arteries, according to another study presented during the American Heart Association's annual scientific meeting.

Both before and after female monkeys in the first study were fed a high-fat diet, their liver cells contained two to six times more copies of the blueprint — called messenger RNA — that directs the liver to produce a protein named apolipoprotein A-I, said George Melchior, a biochemist-physiologist at Upjohn Co. in Kalamazoo, Mich.

The A-I protein is a key component of high-density lipoprotein, or HDL, which is the so-called "good cholesterol" thought to pick up fat and cholesterol from blood vessel walls and carry them to the liver so they can be destroyed.

Because monkeys are so similar to humans, the discovery helps explain the molecular reason for women's natural resistance to hardening of the arteries and heart disease, said Upjohn physiologist Charles Spilman, who presented the findings during Heart Association meeting.

## Giving blood safe, expert says

SACRAMENTO (AP) — As the cameras clicked and rolled, state Health Services Director Kenneth Kizer rolled up his sleeve and allowed a very sharp needle to be poked into his arm.

Kizer and about 10 of his top-level staff donated blood Monday to make the point that "there is no risk whatsoever in contracting AIDS or any illness through donating blood."

Kizer, a physician, also announced a new state health regulation that will allow people to donate blood six times a year rather than five.

The American Red Cross had imposed a ceiling of five donations a year because health experts believed more frequent donations could weaken donors.

But Kizer, at a news conference said new evidence shows healthy people who eat nutritious food can recover from a donation more quickly than 10 weeks.

"What that means on a statewide basis is if people donate on a regular basis, there would be 200,000 to 300,000 extra units of blood donated each year," he said.

## For the Record

The *Spartan Daily* is committed to accuracy. Any significant error brought to an editor's attention will be corrected.

If you notice something which you know is incorrect, please write to the *Spartan Daily*, San Jose State University, One Washington Square, San Jose, CA 95192.

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# Record-setting game gives SJSU 10th win

## Perez sets NCAA mark for total offense

By Brent Ainsworth  
Daily staff writer

Don't bother looking for football coaches on campus this week. They'll be out of town playing door-to-door salesmen, selling stock in Spartan Football, Inc., one of the surest buys of the fall season.

The coaches will solicit their championship-quality product on the junior college-high school circuit, trying to land some of the top prospects in the West. It will be a bidding war for fresh talent, but there will be no shortage of effective marketing tools for the SJSU staff.

Aided by Saturday's 44-16 victory over Cal State Long Beach — the team's 10th win of the season — Claude Gilbert and his staff will be well armed with overflowing portfolios that may help lure a handful of blue-chip prospects.

The Spartans (10-1) finished their Pacific Coast Athletic Association schedule undefeated through seven games, thanks to another blowout against the 49ers in Long Beach.

Now, as they storm the countryside over the next 10 days with

their triumphant claims, the coaches can brag about record-setting performers, an eight-game winning streak, 14 straight league wins and two California Bowl appearances.

Records fell like autumn leaves in SJSU's last regular game. Perez, whose No. 11 jersey may be retired in the near future, became the National Collegiate Athletic Association's all-time leader in total offense average per game, breaking the record set by former Long Beach quarterback Doug Gaynor.

He needed to gain 187 all-purpose yards in the game, but Perez came away with 268, all but one yard coming through his passing statistics. He completed 23 of 39 attempts for 267 yards and three touchdowns, bringing his career total offense average to 309.1.

Meanwhile, with the help of Perez's numbers, Guy Liggins and Kenny Jackson staked their own claims in the record book. Liggins broke the career marks for receiving yardage (2,324) and receiving touchdowns (18). Jackson set the single-season scoring mark with 98 points.

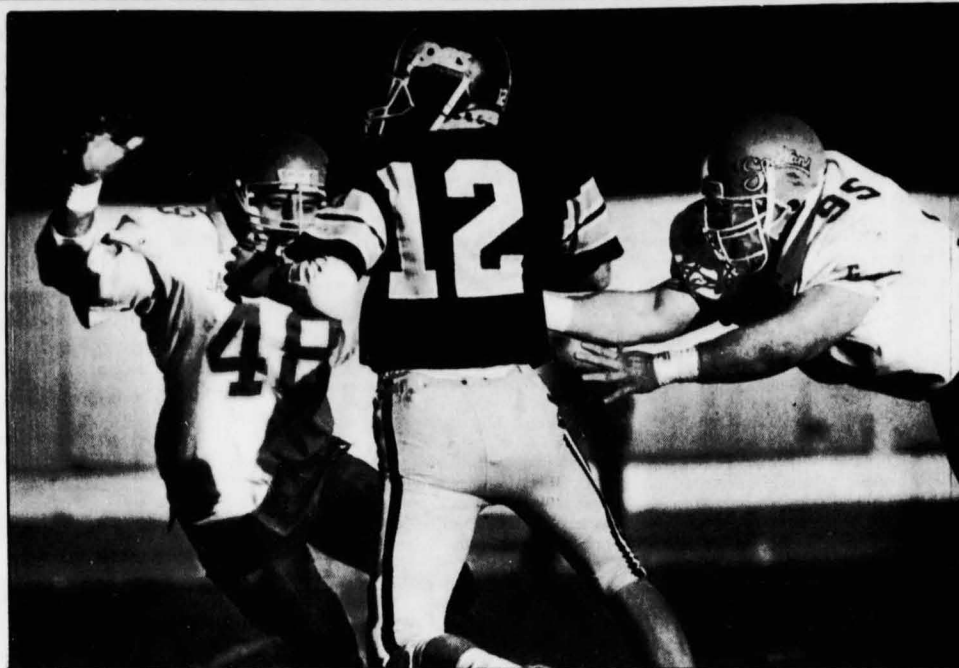
"We were pleased that we

could rack up the stats and give Perez, Liggins and Jackson a chance to leave their marks, yet still get to play the rest of the fellows who deserved to see some action," Gilbert said. "It was wonderful to finish strong, especially in a game that we could have botched up."

SJSU choked and sputtered its way through the first quarter only to trail Long Beach 7-6 at the 15-minute break. The Spartans had scored first on a Perez-to-Liggins connection good for 11 yards. On the play, the 6-foot-2 All-America candidate (Perez) threw to the 6-foot-2 All-America candidate (Liggins), who leaped and shook off a defender's jersey tackle in time to cross the goal line.

Liggins later caught a perfectly lofted toss from Perez good for a 41-yard TD that put the game out of reach. Jackson also scored twice — on a first quarter 3-yard run and an 11-yard reception just before the half.

But two other SJSU scores will stand out because of their novelty factor. Tim Wells' interception return and Johnny Johnson's six-point



Dan Sweeney — Daily staff photographer

Spartans Yopi Pauu (48) and Mike Hutcherson (95) lunge for Cal State Long Beach's Jeff Graham during SJSU's 44-16 win Saturday. It was the Spartans' eighth straight victory.

run late in the game gave Spartans two unlikely scoring threats.

Johnson's TD was unlikely because his name hadn't had the luster it possessed early in the season due to an injury and the emergence of Kenny Roberts. But this score had an added oddity attached: Johnson was playing tailback at the time rather than wide receiver.

Slated to slide into Jackson's

backfield role next year, Johnson hasn't run the ball since his senior year in high school. He said it felt strange at first, but he had no trouble making the adjustments.

"It felt second nature to me, like walking or talking," he said. "That's where I belong."

Wells, an outside linebacker, tipped a Jeff Graham pass at the Long Beach two-yard line, snagged

the deflected ball and walked across the goal line.

"I haven't scored since high school," said Wells, a senior who has been hampered by injuries. "It was a big thrill to finally contribute like that."

It won't be his last chance. Wells and his teammates will have one more shot at the California Bowl against Eastern Michigan Dec. 12.

# Basketball team cruises to 96-68 victory over Swedes

By Nelson Cardadeiro  
Daily staff writer

The question wasn't if the SJSU men's basketball team would beat Club Malbas of Sweden, but if the Spartans would break the century mark on the scoreboard.

Well, SJSU didn't reach the 100-point plateau, but it still crushed Malbas 96-68 at the San Jose Civic Auditorium Friday night.

Junior guard Anthony Perry led the Spartans with 21 points including 5 of 6 three-point shots.

Even with the 28-point margin of victory, SJSU coach Bill Berry wasn't ecstatic about the win.

"I thought it was a good dress rehearsal, but I'm not satisfied with the effort," Berry said. "We didn't move the ball upcourt very well and we didn't go inside enough."

"We really didn't play that well," he added. "We could have won by 40 or 50. We just never got in the game."

Yet, Berry was pleased with some individual performances and said the game serves as a measure of where the team stands.

"I hope we can improve on the fundamentals like screening and catching the ball — the basics," he said. "But those mistakes are just because of nervousness."

Malbas had the lead three times early in the game, the last time with 2:36 left in the first half. It was then that George Williams made a 10-foot jumper to tie it at 12.

With 9:07 remaining, Malbas evened the score again with a three-pointer from Jan Hasselstrom.

About two minutes later, new-

comer Steve Haney scored his first two points as a Spartan on a 19-foot jumper, giving SJSU a 19-17 lead.

From there, SJSU cruised and Malbas never again posed a threat.

SJSU outscored the Swedes 21-7 in the final seven minutes of the first half to take a commanding 41-24 halftime lead. Eight straight points came from Haney in a span of two minutes.

The Spartans' two-time All-America guard Ricky Berry did not start because of the flu.

Berry still was healthy enough to score 15 points, dish out five assists and pull down seven rebounds in just 25 minutes of work. He also had two steals and blocked three shots.

The elder Berry said his son's lack of time on the court hurt SJSU

somewhat.

"We lose our flow without Ricky," Berry said. "We get impatient and shot-happy."

Haney, a 6-foot-2 transfer guard from Lansing Junior College in Michigan, chipped in with 15 points in 16 minutes of action.

Coach Berry thinks Haney can still do better.

"Haney played in spurts," he said. "He still has some kinks to iron out. He was also a little stuffed up (with a runny nose)."

Center Dietrich Waters led the

Spartans with eight rebounds, seven coming in the first half. He also contributed eight points.

"Dietrich did a good job for us on the boards," Berry said.

Junior guard Rodney Scott had nine assists and seven points in 23 minutes.

Malbas forward David Duane led his team with 20 points and 14 rebounds.

Though most of their shots were from the outside, the Spartans

still shot 45.3 percent from the field, 51.1 percent in the second half.

Malbas shot just 35 percent from the floor, 27.7 percent in the first half.

Berry said it was "a nice game for our young and new players. It gives them a chance to get some game experience."

SJSU's opens the regular season at home against Sonoma State Dec. 2.

# Volleyball team wins; wrestlers beat Stanford

The SJSU volleyball team closed its conference season Saturday night with a three-games-to-one victory over UC Santa Barbara.

The Spartans (19-8, 12-6 in the PCAA) defeated the Gauchos (23-14, 11-6) by scores of 15-6, 15-6, 14-16 and 15-12.

Barbara Higgins led the Spartans with 18 kills and Gina Watson added 17.

The Spartan wrestling team started the 1987-88 season with a 23-15 victory over Stanford at Spartan Gym last Thursday.

Coach Kevin Hejnal's Spartans got a majority of the points in the lower weight division.

126-pounder Joel Chew scored a 9-3 victory, while Joe Wamlich achieved a dominating 15-7 win.

Only two SJSU cross country

## Roundup

runners competed in the NCAA Region 8 Championships in Fresno on Saturday.

Martin Seeber finished 59th with a time of 31:58 while Steve Scholz crossed the line at 33:26.4 on the 10,000-meter course.

Complete coverage of volleyball and wrestling will appear in Wednesday's edition of the Spartan Daily.

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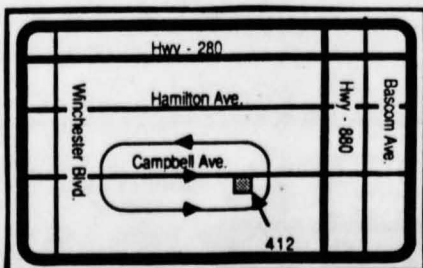
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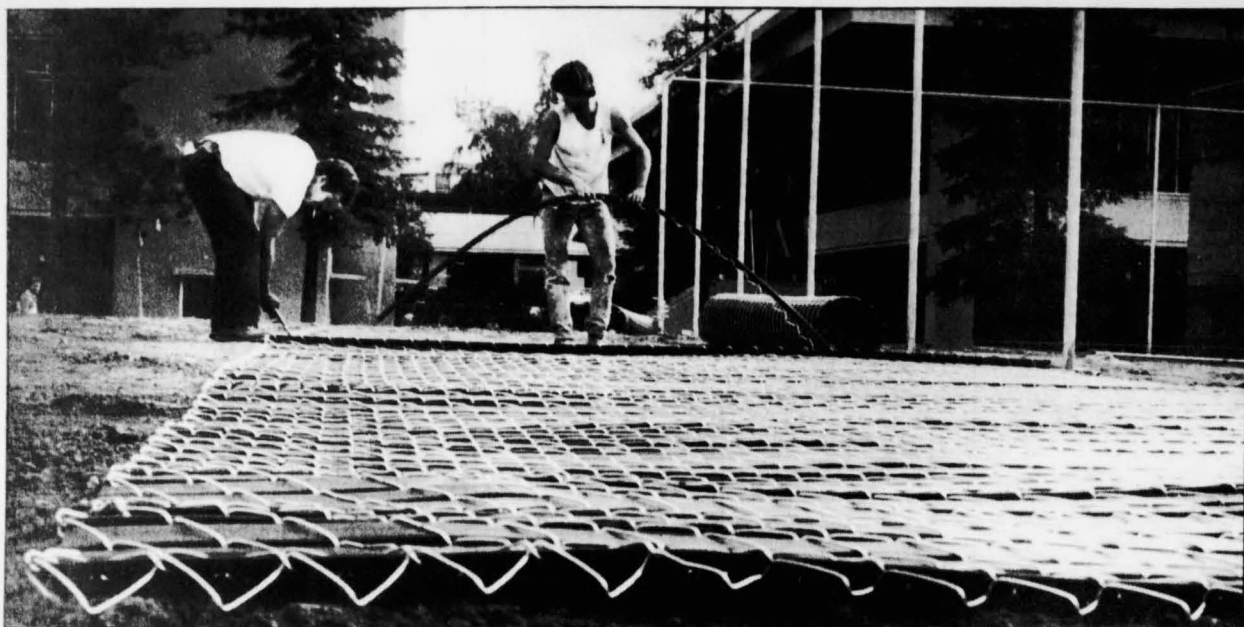
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## Laying it down



Frank Peretto (left) and Ed Dray from AAA Fence Company of Santa Clara roll out the chain-link fencing which will enclose the new

Aquatic Center. The 10-foot-high fence is made of chain link with vinyl slats. The center should be completed by next semester.

Ken Johnston — Daily staff photographer

## Aquino

From page 1

a 2 percent increase in production in the agricultural sector of the Philippines.

Aquino has also been successful in stabilizing the prices of Philippine products and keeping interest rates down, she said.

But the current debt situation has left Aquino in cooler waters. The debt burden for the Philippines is \$29 billion but the government has worked out a plan to pay back the amount. Over a six-year period, a total of \$20 billion will be paid out to settle the debt. Of the \$20 billion, 40

percent will be from a total government expenditure and 50 percent will come from export earnings, Noble said.

One of the mistakes that Marcos made was assuming that he could count on his military regime to fight against the U.S., and very few of his supporters exist in the Philippines today, she said.

"I think his role as a symbol has been discredited," she said.

People who opposed Marcos sided with the military who had defected from him. It wasn't until he ordered them to fire into a crowd of people and his troops refused to do so that he realized he was losing his supporters, Noble said.

## Bowl

From page 1

determined until this past weekend.

The Hurons (9-2) won the Mid-American Conference title with the victory and its 7-1 league record, clinching the school's first Cal Bowl appearance.

SJSU has made three Cal Bowl appearances. The 1981 Spartans lost to Toledo, 27-25, in the inaugural game. Last year, SJSU cruised to a 37-7 win over Miami (Ohio) in Cal Bowl VI.

Eastern Michigan received 15

votes in last week's Associated Press sportswriters poll. SJSU had 13 votes in the poll and was ranked 20th by The Sporting News.

The Pacific Coast Athletic Association champion has beaten the MAC titlists in five of the seven bowl games. The PCAA champ has won four straight.

Tickets for the Cal Bowl can be ordered through the bowl office at (209) 244-2695. Prices range from \$12 to \$16 depending on location in Bulldog Stadium. For additional information, call the Spartan Ticket Office at 924-FANS.

## Apple

From page 1

that "making mistakes does not mean the end of the world."

"(People) have to learn from their mistakes. If someone goes through life without taking any risks, then there's no progress. While someone who takes chances is eventually going to make a few errors, he'll benefit in the long run."

Students today are lucky they are to be living at a time when civilization is evolving from one age to another. The main actors in the high-tech revolution will continue to be

young people, he said.

"(SJSU and Apple) are both in the same valley. I've talked to (President) Gail Fullerton, and I know of her vision for the university through the end of the century. And it parallels Apple's," he said.

"We share the same values and I am sure you'll be hearing more from us and we'll be hearing more from you."

## African Awareness celebration planned

By Lorraine Grant

Daily staff writer

A group of SJSU students and faculty members are already planning the university's celebration of "African Awareness Month" set for February.

"The African Awareness Month planning committee hopes to continue the flame sparked specifically by Dr. Carter G. Woodson," said Nehanda Imara, an SJSU graduate student and an Educational Opportunity Program staff member.

Woodson started Negro History Week in 1925 with the intent of honoring leaders who were fighting for the freedom of African people in America.

He is considered the main historian who focused on the history of Black Americans. He has written several books, including "Education of Negro," "Negro in Our His-

tory," and "Mind of Negro."

The purpose of the event is to acknowledge and remember some of the great heroes of black history.

"We hope to raise the questions, consciousness and appreciation for African history worldwide," Imara said.

The events, which are scheduled to begin the first week of February, will continue throughout the month. Each week will concentrate on a specific aspect of black community. The themes for the month will be historical/international, educational, community, and culture.

The event — which used to be called "Black History Month" — was changed to "African Awareness Month" because Black Americans became more aware and conscious of their African heritage and their bonds with Africa.

## Omega Psi Phi begins week of benefit events

By Lorraine Grant

Daily staff writer

The SJSU chapter of Omega Psi Phi will start its Fifth Annual Omega Week-End today and will continue through Nov. 21.

The week will be filled with philanthropic projects to benefit local non-profit charities.

"The purpose of Omega Week is to identify and recognize achievement and at the same time to allow us to continue on with our mission of providing service to the community," said Imani Kuumba, president of Omega Psi Phi fraternity.

The theme for the week is: "Quality Leadership: An Imperative For Future Process."

The events scheduled for today and the rest of the week are:

• Tuesday through Thursday from 11 a.m. to 2 p.m. a blood drive and canned-food drive will be held in front of the Student Union.

• Thursday at 8 p.m., a Founders Day Social will be held in the Student Union Listening Room.

• Saturday at 9:30 a.m. a Jog-A-Thon will be held at the barbecue pits.

• Saturday at noon a free barbecue will be held at the barbecue pits.

Some food collection will be done in advance and a food collection table will be set up in front of the Student Union. All canned goods will go to the Rescue Mission of San Jose. Information regarding the blood drive will also be released.

The Founders Day Social will feature an evening of music, games, fun, food, and a guest speaker.

Omega members will participate in a "Jog-A-Thon" with each jogger collecting pledges for each mile that they run.

Omega members will participate in the "Jog-A-Thon" event and will run a total of 100 miles. Non members are welcomed to participate also.

The "Jog-A-Thon" will begin at the barbecue pits.

The barbecue will be held at the barbecue pits on Seventh and San Carlos streets.

The money from the various activities will be donated to the Rescue Mission of San Jose and the Hypertension Councils in the Bay Area.

## Radar-controlled cars may ease traffic problems

SACRAMENTO (AP) — State engineers want to study cars partially controlled by radar in the quest to ease traffic congestion on freeways with high-tech gadgets.

The state Department of Transportation plans to spend \$300,000 next year outfitting 10 cars with the latest generation of a device that uses its own radar to keep a warning when vehicles ahead slow or stop.

The "Lookout," as it is called by its private manufacturer, automatically brakes if the driver fails to respond.

Department Director Leo Trombatore said the device could become an element in the development of automated highways, which would employ a combination of systems to control all aspects of driving.

"Speeds can be increased substantially and the distance between the vehicles could be dramatically reduced" because the radar-braking device can react more quickly than a human, Trombatore said at a news conference held to unveil a van equipped with one of the units.

"The result is a quantum increase in the ability of the highway to carry more vehicles," he said. "Most of the technology for such a system is already available... I do see it coming within the next 20 years."

Use of collision-avoidance radar also could reduce traffic accidents by 40 percent, according to state officials.

John Davis, the president of the San Diego firm that makes the radar-braking device, said individual units would cost \$500 to \$1,000 if they were placed in mass production, but added that convincing auto manufacturers and government to adopt them is a major challenge.

However, company officials are optimistic.

The firm, Radar Control System Corp., believes it has virtually perfected the device, which it spent \$1.5 million and four years developing.

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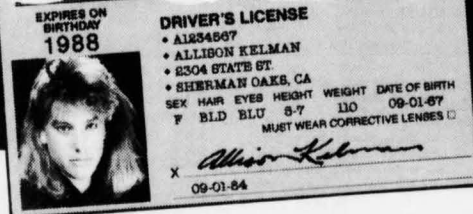
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# In DEPTH '87

A Reporting Project by Seniors in Journalism

A Supplement  
to the  
Spartan Daily  
Tuesday,  
November 17, 1987  
Volume 2

## Coping With Disease



When you come to San Jose State University, don't drink the water. Lorentz Barrel and Drum Co., a toxic site denoted on the Environmental Protection Agency's Superfund cleanup list, is only as far away as Spartan Stadium.

Be careful what you eat. Some food items at Spartan Shops and nearby franchised eateries are loaded with fat — linked with cancer and heart disease. And salads here aren't exactly grown in the Garden of Eden.

Junk food, the steady fare of collegiate existence, is loaded with sugar and sodium — not quite the building blocks of good nutrition.

Don't forget your gas mask. If you breathe you might be subjected to second-hand smoke — a possible cause of cancer — or carbon monoxide from the traffic you had to fight through just to get here, or toxics from factories and incinerators.

And to get that diploma, you'll be subjected to all kinds of stress — quizzes, term papers, reading lists, lectures, midterms, finals and a frantic search for a parking spot.

But if you do decide to come to SJSU and partake in relaxing collegiate activities, don't drink at the Spartan Pub. You might become an alcoholic. Don't go to a football game. You might be severely injured by a drunken celebrator.

And whatever you do, don't have sex. You might get AIDS, herpes, syphilis, gonorrhea or one of the many other sexually transmitted diseases.

It appears that SJSU could be hazardous to your health.

But how much does this really affect the way we live? There are a few students who go around eating like chipmunks, exercising with the passion of

See COPING, next page



### Sex & disease

In the wake of the sexual revolution, intimacy is tied to fear and death. Medical experts, legislators and the SJSU community react to the dangers.

Pages 3-13

### Environmental threats

It takes little effort to contact some diseases, and others have become almost impossible to avoid. They surround us even in our high-tech environment.

Pages 14-18

### Drugs

Sometimes our health is endangered in the pursuit of a good time, using alcohol and drugs. Even legal medications can turn deadly when misused.

Pages 19-20

### Mind & body

In everyday living, the stress we endure, the diet we follow and the exercise we do can greatly affect our resistance to physical and psychological diseases.

Pages 21-24



## In Depth '87

# Warning: Life can be hazardous to health

*COPING, from page 1*

hyperactive rabbits and whose contact with other people is insulated by latex.

So to prolong your life you might consider dropping out and living in a plastic bubble.

Don't pack your bags yet. There is a

By CARL SCARBROUGH,  
In Depth '87

second opinion.

With most health issues, while some profess that something is beneficial, someone else will claim that very same thing causes diseases.

But just what does that mean?

Webster's cites disease as "a particular destructive process in an organism."

For example, let's say you want to go out and get a tan. Since winter is rapidly approaching, you might want to visit a local tanning salon.

But many dermatologists warn that exposure to the sun causes skin cancer. And with the above definition, skin cancer is the disease, or the "destructive process" which destroys the cells of your skin.

But with indoor tanning, there are two sides.

In an advertisement in the Spartan Daily in May, Executan tanning salon claimed that tanning "is good for your health." This means that a visit to the salon contributes to your mental and physical soundness.

But is indoor tanning really safe?

"Indoor tanning is safer than the sun," said Kris Ginet, a sales representative for Wolff Systems tanning beds — the same equipment used by Executan.

"Tanning has never been associated with melanoma," she said, adding that it is only overexposure, or sunburn, that presents a danger.

Officials at the American Skin Cancer Foundation in Washington, D.C., don't quite agree with Ginet's point of view.

"There's no such thing as a safe tan," said Joyce Ayoub, a spokeswoman for the foundation.

"The fact that the skin is tanning means that damage is being done to the skin... whether you're tanning by natural sunlight or the tan is being created artificially," she said.

Additionally, indoor tanning can be

more harmful than outdoor tanning because people think it's safe and don't use as much caution, Ayoub said.

Ultraviolet A, the light used by most tanning salons, penetrates deeply under the skin and causes changes in blood vessels and it can cause premature aging, she said.

And UVA can lead to skin cancer, Ayoub said.

While the Skin Cancer Foundation recommends that every part of your body be covered, the Executan people want you to bare it all to a contraption that looks like the warp engines on the new "Star Trek" series.

By now, it's clear not everyone thinks the same about the same issues.

Even AIDS researchers don't agree on the future of the epidemic.

In a nationwide survey, 27 percent of the scientists questioned said that there would be "some" improvement in the prevention of acquired immune deficiency syndrome.

About half, 49 percent, said there would be no improvement in the prevention of the disease.

The survey was conducted for Bristol-Myers Co. by Louis Harris and Associates, a New York-based research firm that questioned 227 scientists and leaders in several different medical fields, including AIDS research.

Only 19 percent of those surveyed estimated that AIDS would be eliminated by the year 2000. Even though it mustered such a low percentage, AIDS ranked above measles, hepatitis, cancer and a long list of other conditions.

One researcher said: "AIDS. I say that because it's the target of huge interest in the U.S. and if treatments are developed here they will be exported to other countries with a high incidence of the disease, like Haiti and Africa."

And not everyone agrees on the safety of the water dispensed by drinking fountains here at SJSU.

The Santa Clara Valley Water District maintains that its water is safe.

"We meet all the drinking water regulations," said Betty Hayden, a chemist for the water district.

But Hayden said the district is a wholesaler, not a water company.

That means the district sells water to

local retailers who then serve it directly to the consumer, or mix it with well water.

At SJSU, served by the San Jose Water Co., the water comes from wells and district water — a mix that varies day to day, said Dick Balocco, a spokesman for the company.

What about the water from the wells? Is it safe?

"I think you can answer that one, can't you?" Bolocco asked rhetorically. "We wouldn't put it out if it isn't safe."

"All of our water meets all state and federal regulations," he said.

But that may not be enough, said Ted Smith, executive director of the Silicon Valley Toxics Coalition.

"There are 140 industrial chemical leaks and spills in Santa Clara County," he said.

Twenty of those are sufficient enough to be EPA Superfund sites, Smith said. And the federal agency is considering listing 12 additional sites in the county.

"We have more Superfund sites than any other county in the country," Smith said.

These spills contaminate the ground water and endanger wells as the ground water moves, Smith said.

And many of San Jose Water Co.'s wells — including some in the downtown area — are contaminated with several different chemicals, he said.

"The wells are probably below state levels," Smith said.

"But that doesn't mean they're safe."

So while you're mulling it over, maybe you want to go to a local fast food restaurant for a burger.

After all, every time you turn on the tube there's James Garner chowing down on a T-bone.

"I never liked the way the vegetables always fell off between the sirloin on my

top loin, round tip, eye of round, sirloins and tenderloin.

Secondly, partially freeze the meat first. This makes it easy to trim all visible fat from the meat.

And finally, to "keep lean beef lean, broil or roast on a rack; avoid frying, saute and brown in a non-stick skillet."

And beef does have its good points, according to the beef council and an SJSU professor.

The council says beef is an excellent source of iron, zinc, protein, thiamine and vitamin B-12.

"Beef is an excellent source of protein and a good calcium source as well," said Kathryn Sucher, an SJSU nutrition and

**'There is no such thing as a safe tan.'**

— Joyce Ayoub,  
American Skin Cancer Foundation

food science professor.

"And beef contains all the essential amino acids," Sucher said.

She said the best way to eat beef is in small amounts, just for flavor, mixed with vegetables — as in Asian cuisine.

So maybe you'll steer clear of McDonald's, where nearly everything is fried in fat.

What about your other meals? For students who spend a lot of time on campus, diet choices seem somewhat limited.

"Students tend to eat in a hurry," Sucher said.

"Most student diets — based on fast food — are high in fat; lacking in fruits and vegetables, which, ironically, are the most expensive items at SJSU," she said.

Ed Zant, general manager of Spartan Shops, said the nutritional value of the food served at SJSU is good.

"But I think it really depends on what the student buys, or if it's in the dormitory, what the student chooses to eat," Zant said.

"We run the whole gamut of food, and it really is the individual choice of the students," he said. "We have fresh-squeezed orange juice and we have fried chicken."

Sucher, however, isn't critical of Spartan Shops.

"They tend to serve what people are willing to buy," she said.

Zant maintains that Spartan Shops prepares food as health-consciously as possible.

He said it uses vegetable oil for frying in all areas, which includes the Student Union Cafeteria, the Salad Station, the Roost, the Spartan Pub and the Bakery.

And as far as salads go, Zant said most of the salads are prepared at SJSU and do not contain preservative chemicals or additives.

"There are some packaged salads that we purchase, and sometimes they might be treated to keep them fresh," he said.

But what about the other delicacies of college life?

The National Restaurant Association in New York cites delivered pizza as the fastest growing segment in the industry.

When pizza joints deliver, do they bring nutrition?

"Pizza is, surprisingly, not bad," Sucher said.

But she added that extra cheese adds to

See NUTRITION, page 10

**'There are 140 industrial chemical leaks and spills in Santa Clara County'**

— Ted Smith,  
Silicon Valley Toxics Coalition

beef kabobs," Garner says in one commercial. "But I fixed that. I don't put any vegetables on. Had to be some reason man invented the salad."

But does beef foster some dreaded disease?

"I don't think you can state that beef is good for you or beef is bad for you," said Elanor Armanasco, a spokeswoman for the American Heart Association.

"Sure, you can eat too much beef," she said.

And what if you do?

The American Cancer Society says too much beef can increase your risk of cancers of the colon, breast, prostate and endometrium, the lining of the uterus.

But it's not actually the beef that causes all this. It's fat.

"Beef is high in fat," said Sally Longyear, a spokeswoman for the cancer society. "And fat is something you should avoid."

But don't become a vegetarian yet.

The California Beef Council is happy to provide tips for reducing the amount of fat you eat with beef.

First of all, the council recommends you buy leaner cuts of meat — top round,

## In Depth '87 Tuesday, November 17, 1987

This special supplement to the Spartan Daily was produced by the members of the Journalism 160 Advanced Reporting class in the Department of Journalism and Mass Communications at San Jose State University.

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**Cover Photographs:** Upper left: Jim Paris, a San Francisco State University journalism student, is hooked up to a biofeedback machine that measures muscle tension. Lower left: Stanford University lab technician Butch Fernando takes a blood sample from AIDS sufferer Joe Jenkins. Lower right: SJSU engineering freshman Jack Phan keeps in shape on the Par Course.



# Sex & disease

## AIDS: 'It can't happen to me'

Experts warn that it can and students may be next

By FRANK MICHAEL RUSSELL,  
In Depth '87

AIDS and other sexually transmitted diseases are no joke. But the atmosphere is light as a few dozen Markham Hall residents, the vast majority male, gather for a seminar on safe sex.

It's a Wednesday night in late October, the thick of midterm season. For those without inspiration for their studies, there are plenty of other things to do — the weekly campus film series, intramural sports, whatever.

Some students banter nervously. "Is there a lab with this class?" one jokes.

Health Educator Oscar Battle keeps the atmosphere light, at least at first, but the mood grows suddenly somber as Battle goes on to the facts of acquired immune deficiency syndrome and other sexually transmitted diseases.

AIDS and safe sex are hot topics among many students, Battle says during an interview while the students watch a safe-sex videotape. "I think they're worried."

But it's hard to talk to students about AIDS, he says. Some are tired of hearing about the disease and it's a depressing subject.

"You need to link the very substantive issues regarding relationships, interaction and problem solving way before you start talking about transmission, the virus, and the dos and don'ts of AIDS," he said. "There's a need to have someone they can trust to talk to about these is-

sues."

Michelle Benner, a senior marketing major, says after the seminar that she doesn't know whether students have changed their behavior because of AIDS and other sexually transmitted diseases. "I hope so. I know I am."

"I think there are a lot of people who believe 'It can't happen to me,'" she says. "I think that's really dangerous."

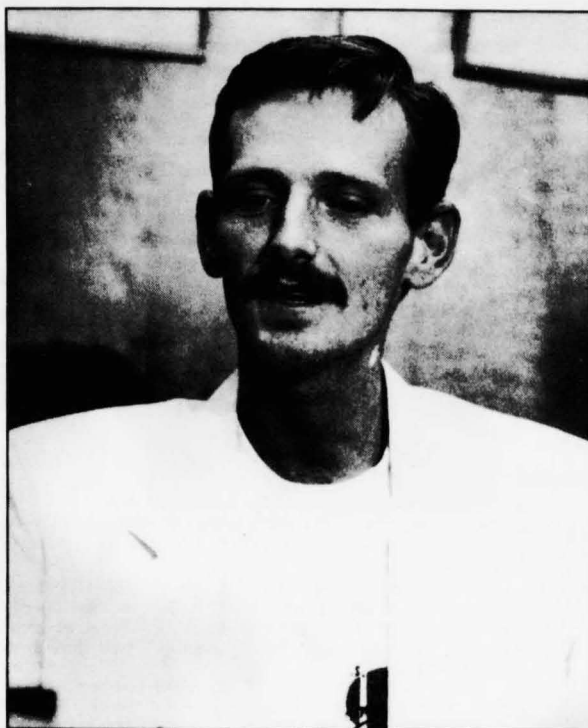
"I learned a few things I didn't know," says Dave Knupp, a freshman who hasn't yet declared a major.

He also says that he doesn't know if students are concerned about the disease but that they should be.

"It's fatal," Knupp said.

It's a Wednesday afternoon in mid-November.

Bay Area media have focused their attention on SJSU after The Spartan Review, a monthly



KEN JOHNSTON — In Depth '87

newspaper published by the Students for the Free Market and edited by senior music major John Bliss, published a series of AIDS-related jokes and puns on its entertainment page.

Campus AIDS activist Jim Walters leads the fight against the Review article, first writing a letter of protest to the Spartan Daily, then working with Associated Students President Mike McLennan to bring to campus speaker Leonard Matlovich, an AIDS patient who is perhaps best known for being discharged from the Air Force in 1975 after admitting he

was gay.

Walters, the A.S. representative on the campus AIDS Education Committee, has reason to be concerned about the disease. For years, as a gay man living in Los Angeles and now in San Jose, Walters has faced the fact that some of his best friends have died from AIDS.

And in October 1986 a doctor told him he had AIDS-Related Complex (ARC) — a usually milder illness caused by the same virus that often leads to full-blown AIDS.

"John Bliss can joke about

'John Bliss can joke about AIDS. I wake up every morning with it. It's not a laughing matter.'

— Jim Walters,  
AIDS activist

AIDS," Walters says. "I wake up every morning with it. It's not a laughing matter."

Some 100 students gather in the Student Union to listen to Matlovich, an AIDS patient and self-described God-fearing conservative.

"The people that presented these jokes claim to be Republican and conservative. They're not," Matlovich says at a news conference before the speech.

The speech soon turns into a heated debate, witnessed by reporters and cameramen from all the major area television stations, when a woman identifying herself as a member of the campus Christian group Forerunners softly denounces Matlovich's sexual orientation.

Others in the audience, some not of the Forerunners group, loudly ring in their support for the woman's position. Matlovich calmly defends himself.

"We have a right to be here," he says. "We help make society a better place."

See AIDS, page 4

## Facts: ammunition in battle with fear

By CARL SCARBROUGH,  
In Depth '87

Fighting AIDS is more than just a battle for life.

It's also a war on ignorance and misinformation where education is the ultimate weapon.

"I think education is crucial," said Dr. Thelma Frasier, director of the state Office of AIDS, in Sacramento. "It is really the only thing we have right now."

"It, first of all, gives the person appropriate information," she said. "Secondly, it allows them to change their behavior" so they won't be at risk of catching the virus.

Not everyone is convinced that education is the best tool for coping with an epidemic with far-reaching implications.

Late last month, supporters of political extremist Lyndon LaRouche delivered petitions with thousands of signatures calling for an initiative for strong government

involvement in the lives of people infected with the virus.

The measure, proposed for California's June 1988 ballot, would add acquired immune deficiency syndrome to the state's list of contagious diseases.

Local health officials would be required to report the names of infected people to the state, and the proposal also allows the state to track a person's sexual partners.

The proposal, drafted by a LaRouche political group called Prevent AIDS Now In California, or PANIC, would also allow the state to impose mandatory AIDS tests.

The proposal is similar to the LaRouche-backed Proposition 64 of 1986, which was rejected by California voters by a 2-1 margin.

### Transmitting AIDS

The AIDS virus is transmitted from person to person most commonly through

'I think education is crucial. It is really the only thing we have now.'

— Dr. Thelma Frasier  
state Office of AIDS

sexual contact.

The virus is also transmitted through direct blood-to-blood contact — via shared needles and blood transfusions.

AIDS is not transmitted via telephones, toilets, towels, buses, pencils or swimming pools, reports the San Francisco AIDS Foundation. And you can't get the virus from the air, hugging or sharing food.

Dr. James Mason, director of the na-

tional Centers for Disease Control in Atlanta, has said the risk of catching AIDS through casual contact is minimal, comparing it to the risk of "being struck by lightning when you walk out the front door in the morning."

"I can say with assurance that AIDS is not easy to catch," Mason told the New York Times in 1986.

At an international AIDS conference on June 4, Dr. Harold Jaffe, an epidemiologist with the CDC, stressed that there was no evidence to suggest an explosive growth of the AIDS epidemic among heterosexuals.

Who is at risk for AIDS?

- Gay and bisexual men.
- Intravenous drug users.
- Hemophiliacs.
- Women or men who have had unsafe sexual contact or have shared needles with someone who may have been infected with the AIDS virus.
- Babies born to parents in any of the above groups.

### What is AIDS?

AIDS is not a singular disease, but rather a collection of symptoms caused by the Human Immunodeficiency Virus, also called the AIDS virus or HLTV-III.

see VIRUS, page 5



## Sex &amp; disease

# Students could be next at risk from AIDS

AIDS, from page 3

Forerunners member Kevin Smith, an SJSU alumnus with a degree in geology, loudly disagrees, telling Matlovich that the Bible condemns homosexuality.

"The Bible says nothing about homosexuality," Matlovich replies. "But Christ said love your neighbor as you love yourself."

"He never said have sex with your neighbor," Smith says.

"All you think about is sex, sex, sex," says Matlovich. "Homosexuality is about love, not sex."

McLennan soon brings the protest to a close, trying to make the best of the situation by proposing a campus AIDS forum and inviting the vocal onlookers to air their views in a more settled environment.

The proposal is followed by several laughs, but one student asks McLennan to bring Matlovich back so she can tell him she supports his views and believes the majority of SJSU students have no animosity toward homosexuals.

McLennan says afterward that he was disappointed Matlovich's presentation was interrupted. "The individuals who were less noisy were interested in hearing what Leonard had to say."

One shouting match doesn't yet make a campuswide AIDS scare, but the disease is slowly making its mark on the some 30,000 people who make up the SJSU community.

- AIDS Awareness Week activities last month drew only light crowds, but two years ago no one came, event sponsors say.

- Student Health Service officials report a notable increase during the past year in requests for AIDS information.

- During the spring 1987 semester, an SJSU staff member died from the disease, said Dr. Robert Latta, the Health Service's associate director and chairman of the campus AIDS Education Committee.

- Health Service officials know of several students infected with the AIDS virus — "less than 10," Latta said, not stating an exact number, but adding there could be many more that campus health officials don't know about.

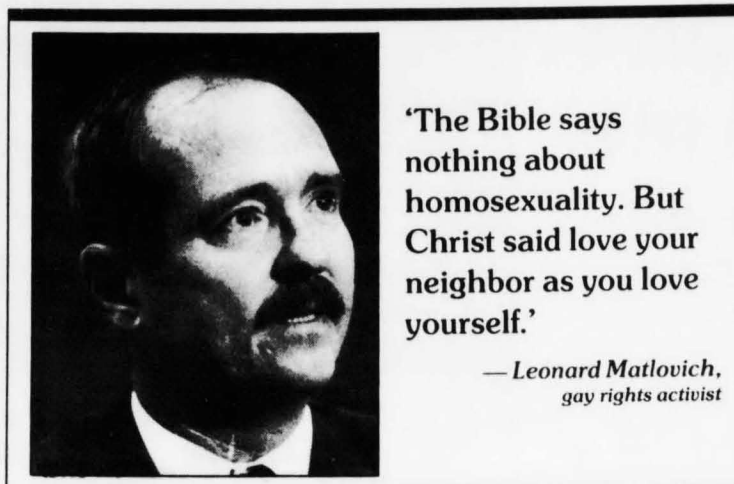
AIDS has been seen, at least in the United States, as a disease that primarily afflicts gay or bisexual men and intravenous drug users, and the numbers lend support to that view.

According to the national Centers for Disease Control, 66 percent of the 42,354 cases reported as of Sept. 28 have involved homosexual or bisexual males, 16 percent have afflicted intravenous drug users, and an additional 8 percent have involved men who were both gay or bisexual and IV drug users.

In only 4 percent of the cases has heterosexual transmission been reported as a factor.

But it's only a matter of time before the disease spreads into the general population, experts say. It could eventually take hundreds of thousands of lives.

AIDS will no longer be a homosexual disease in this country, they say, and never has been elsewhere in the world, particularly in Africa.



**'The Bible says nothing about homosexuality. But Christ said love your neighbor as you love yourself.'**

— Leonard Matlovich,  
gay rights activist

"The virus has covered the whole band of Central Africa now," said AIDS research pioneer Dr. Donald P. Francis, a Berkeley-based urologist and epidemiologist with the CDC.

The CDC reports at least 24,412 AIDS deaths since it started compiling figures in 1981.

More Americans could die of AIDS than died in World War II, Francis said.

According to CDC figures, 21 percent of American AIDS cases, nearly 9,000, have hit in the 20- to 29-year-old age group. Another 47 percent have afflicted those between 30 and 39.

But AIDS experts need to focus their education efforts on younger people, whose behavior will start to put them at risk, said Dr. Mervyn Silverman, president of the American Foundation for AIDS Research, during a speech at SJSU.

"Most (young people) consider themselves invincible, that nothing is going to happen to them," he said. "We've got to get the information out. To do anything else would be immoral."

Francis said it's hard to say how likely it is that the typical student here could contract AIDS. "We don't know the answer for San Jose State. You can bet that the virus is here."

Other educators and researchers warn that college students could particularly be at risk.

"We are very concerned about the college-age population," said Deborah Blom, a spokeswoman for the American College Health Association. "Students begin to experiment about life and in terms of their sexual selves."

Latta agreed. "Among college-age students, there are a substantial number of students who are not active sexually," he said. "But there is another group that are sexually active."

Of those, some have many partners, he said. Many students look only at the current statistics and take the chance they won't get the disease.

"So many people say, 'It can't happen to me,'" Latta said. "That attitude of complacency is worrisome."

Researchers believe that everyone who contracts AIDS will die of the disease, Latta said. "That changes how you look at risk."

Recent research suggests that antibodies to the AIDS virus may remain undetected in the blood stream for a greater amount of time than had been previously believed, he said.

Experts now suspect that, although the virus is present, it may not be detected dur-

ing AIDS testing for as long as 12 months or more after infection. They previously believed an accurate test could be given after only three to six months.

"Someone could be infected with the virus not knowing they have it," and could easily spread the disease at that time to others, Latta said.

Apathy toward the disease is hard to combat, educators and AIDS activists say.

"We can all wait until there are a sufficient number of deaths around us for people to realize what's going on," said Robert Sorenson, executive director of the Aris Project, an AIDS support group based in Campbell. "That's too late. But, sadly, that may be what it takes."

People aren't comfortable talking about sex, dying and disease, Sally Harvey, a counselor in SJSU's Employee Assistance program, told an AIDS Awareness Week audience.

"AIDS has managed to take all those things we're most afraid of in our lives and put it together in one neat little package," Harvey said.

Latta said that the disease tends to have a great effect on students only when it strikes someone they know.

"I believe that once students realize it's going to affect them personally, they're going to change their behavior," he said.

"My objective would be to have people move into less risky behaviors without having a personal experience."

For Walters, AIDS has had about as personal an effect as it gets. He says the disease has changed his life — in some ways for the better.

"I can't even imagine living the way I was a year ago," he says.

Walters says that he was near death last fall when he was diagnosed as having ARC.

ARC, unlike AIDS, isn't normally fatal, but many ARC patients eventually contract full-blown AIDS.

For 10 years before that, Walters said, he lived in the fast lane of Los Angeles, supporting his lifestyle with restaurant work.

Drug use was rampant in that environment, he said. He had a \$100-a-day speed habit and "no sense of today or tomorrow — not even the past."

Walters says he was probably infected with the virus as a result of his sexual activity, but admits it could also have been caused by drug use. He doesn't know when he was infected, but says his behavior since 1976 had put him at risk. The first wave of AIDS cases hit the United States about 1981.

Walters says he's still sexually active but tells his partners he's infected with the virus and practices safe sex.

He says he has shown no ARC symptoms since February, when he moved to San Jose to be near his father and to enter a drug treatment program in San Francisco. Walters said the treatment program was successful and he's been clean for a year now.

Becoming infected with the AIDS virus led to his decision to enter school, Walters said. "The way my luck goes, I'll be alive in four years. I have to be able to do something."

Walters is among a small number of students that campus officials know are infected with the virus that causes AIDS. He enrolled at SJSU as a disabled student, informing officials of his medical condition in case help was available or he ever needed treatment.

Walters agreed to be interviewed for this story for two reasons.

"One, I don't want people to be scared of it," he says. Experts say individuals can't be infected by casual contact.

Second, he says, there's no reason why anyone should be put in the same position that he was to be infected with the virus. Enough is known about the disease and how it can be prevented.

"We're all here supposedly trying to build a future for ourselves," he says. "Sometimes we forget it."

When it comes to AIDS, statistics are no comfort.

Experts say as many as 300,000 Americans could be infected with the human immunodeficiency virus that causes the disease. And they say that AIDS could eventually strike hundreds of thousands more.

The numbers show that so far AIDS has afflicted mostly homosexual men and intravenous drug users, at least in the United States. But those numbers can be misleading, health researchers and educators say.

Behavior, not membership in some high-risk group, is critical to becoming infected with the AIDS virus, they say, warning that heterosexuals are playing a game of sexual Russian roulette if they believe the disease is no threat to them.

"It's not who you are," Silverman said. "It's what you do."

Francis agreed, saying that the virus can only be transmitted by certain risky activities, including some heterosexual behavior.

Women, especially those who engage in high-risk behavior with bisexual men, are clearly the next group at risk from

See AIDS, page 6

**'Most (young people) consider themselves invincible, that nothing is going to happen to them.'**

— Dr. Mervyn Silverman,  
AIDS researcher



## Sex &amp; disease

# AIDS: how the virus works

## VIRUS, from page 3

Once admitted into the bloodstream, the virus seeks out and attaches to T-4 lymphocytes, the white blood cells which control the body's immune system.

The virus enters the T-4 cells where it may remain dormant for weeks, months or years.

Eventually, the virus will become active and use the T-4 cell in producing additional AIDS viruses, which leave the infected T-4 cell to take over other T-4 cells.

Finally, the virus kills the T-4 cell in which it reproduces.

If enough white blood cells are destroyed, the body is left open to a number of unusual, "opportunistic" infections — including, but not limited to, pneumocystis carinii pneumonia (PCP) and Kaposi's sarcoma (KS).

But being infected with the AIDS virus — making someone a carrier — doesn't always mean that a person will develop AIDS, according to the San Francisco AIDS Foundation.

However, some AIDS researchers now believe that nearly all virus carriers will eventually develop disease symptoms, if not full-blown AIDS.

Some people infected with the virus will get AIDS-Related Complex, or ARC.

ARC is brought on by exposure to the virus but is generally less severe than an actual AIDS diagnosis. Illnesses of ARC differ from person to person, the foundation reports.

As the virus damages the immune system, the ARC sufferer may develop swollen lymph glands, diarrhea, severe fatigue, rapid weight loss, night sweats, fevers, chills and infections.

An ARC sufferer may develop one or more of the above symptoms, which could last for weeks or months.

Health officials estimate that 20 percent of those diagnosed with ARC will develop full-blown AIDS within two years as the virus takes its toll on the body's immune system.

The symptoms of AIDS include those of ARC, plus a shortness of breath, dry cough and pink or purple spots on the skin.

These additional symptoms are caused by Kaposi's lesions, a skin cancer, and pneumocystis, a lung infection.

Pneumocystis strikes quickly, said Robert Sorenson, director of Aris Project, a local support network for people infected with the virus.

"I've heard of people go into the hospital, and two days later they're dead," he said.

## The AIDS toll

As of late September, there were 42,354 cases of AIDS reported in the United States since the identification of the disease in 1981, according to statistics published by the CDC.

About 24,000 have died.

Of the reports of infection:

- Sixty-six percent involved

homosexual or bisexual males.

- Sixteen percent involved intravenous drug users.

- Eight percent involved gay and bisexual men who also used intravenous drugs — a distinction that separates them from the first two categories.

- Four percent involved heterosexual transmission.

- Six percent involved hemophiliacs and blood transfusions of AIDS-tainted blood.

Nationally, San Francisco ranks second in its number of AIDS cases, with 4,099 reportings. New York City leads the country with 10,969 cases. Los Angeles is third with 3,591 cases.

Santa Clara County, which is not included in the San Francisco statistics, doesn't rank in the top 20 listing of numbers of cases, according to the CDC.

In the county, 253 people have been diagnosed with AIDS — with the first case reported in 1983. As of September, 142 Santa Clara County residents have died.

By law, doctors must report the number of AIDS cases they diagnose to the county health department.

Only the fact of the diagnosis is reported. The identity of the patient is not revealed.

Doctors are not required by the state to report an ARC diagnosis.

In Santa Clara County, a task force is predicting that 2,900 people will be diagnosed with AIDS in the next four years.

The task force, established by the Santa Clara County Board of Supervisors, estimated the medical costs for these people may total \$144 million during 1991 alone.

That's 12 times higher than current cost levels estimated at \$12 million in 1987.

As one-third of these costs are carried by public funds, "AIDS has and will challenge both the financial and the human resources of Santa Clara County," the task force reported.

## Playing it safe

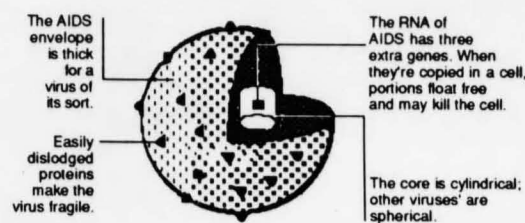
When it comes to sex, the most common method of transmitting AIDS, there are precautions that can be taken to reduce the risk of infection.

U.S. Surgeon General C. Everett Koop has said, aside from abstinence and monogamy with an uninfected partner, the condom offers the next best level of protection against AIDS.

A study by researchers at the University of California at San Francisco found the AIDS virus unable to penetrate condoms made of rubber and synthetic materials.

That is, of course, if the condom is used properly and doesn't

## The anatomy of an AIDS cell



Source: Discover

clude unprotected vaginal intercourse, unprotected anal intercourse, internal watersports, fisting and rimming (oral-anal contact).

## AIDS Testing

The AIDS test detects the presence of antibodies, a natural protein the body creates in response to the virus.

A positive test doesn't indicate that a person has or will develop AIDS or ARC, cautions the San Francisco Department of Public Health.

A positive test only indicates the presence of the antibodies.

Conversely, a negative test doesn't mean that a person is not infected with the AIDS virus, nor does it mean that a person is immune to the virus, the department reports.

## Treating AIDS

Stanford University is participating in a nationwide program of clinical research on AIDS.

Part of that research involves a drug called azidothymidine (AZT), still in its experimental stages, which slows replication, the speed at which the virus reproduces, said Virginia Tallmon, a Stanford researcher.

"We give AZT or a placebo in the context of a study," Tallmon said. "Then we physically monitor the patients' response (to the drug)."

AZT is the only AIDS fighting drug approved by the U.S. Food and Drug Administration.

Tallmon said that under the study, the drug is given to patients in the early stages of their infection.

She explained that the results of this are sometimes hard to measure because some patients don't develop symptoms during the study.

"We may give the drug for two years and not see anything," she said.

"But if the patient doesn't develop any symptoms, or opportunistic infections, we assume that (the AZT) is being effective."

But AZT is also being given to patients who already have the infections associated with the AIDS virus.

And with these people, they first look to see the effect of AZT on the AIDS virus, and then if it affects the "opportunistic" infections like Kaposi's sarcoma and pneumocystis, Tallmon said.

"We are seeing the most results in treating the opportunistic infection brought on by the AIDS virus," she said.

Tallmon also said that re-

searchers have noticed a "rebound" in the effectiveness of AZT.

"The second year (of treatment) is not as good as the first," she said.

Because of the limited benefits of AZT, researchers are trying to determine when would be the best time to administer the medication — in the earlier or later stages of infection.

"We do not know what will happen if it is given to people early on in the disease," Tallmon said.

"You don't know that it will make their disease worse, or they may grow immune to (AZT), and in two years we won't have anything to offer them," she said.

"And right now, AZT is the only thing we have."

## Aris Project

But until there is a cure for AIDS, organizations like the Aris Project continue to provide support for people with AIDS.

That support helps people cope with the emotional implications of the disease, which are quite traumatic, explained Aris director Sorenson.

"AIDS is usually a terminal diagnosis," he said.

In 1986, Aris had 105 clients — people with AIDS — and offered 3,700 hours of volunteer service.

However, Sorenson was quick to point out that Aris doesn't offer counseling.

"We're not counseling psychologists," he said. "The volunteers provide non-judgmental support."

"They are just someone who is there who will provide caring and listening."

Aris offers three types of service: individual emotional support, practical assistance and two weekly support groups.

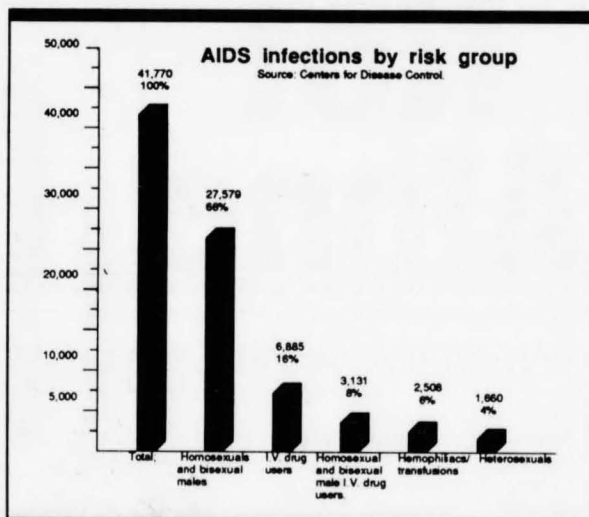
The individual emotional volunteer support program is for people with an AIDS or ARC diagnosis and their friends, family and lovers, Sorenson said.

For the individual support, a client is paired with a trained volunteer who is everything from a listener to a friend.

Other than the initial meeting, everything is arranged between the client and the volunteer to suit individual needs.

"Sometimes a volunteer and a client will only talk on the telephone and never meet in person," Sorenson said. "That's completely between the volunteer and the client."

"We don't tell people what they should be doing."



sis, said state AIDS director Thelma Frasier.

Santa Clara County Health Department officials estimate the number of ARC cases range from three to 10 cases for each reported case of AIDS.

The Aris Project estimates suggest that through 1987, as many as 2,000 Santa Clara County residents will have been diagnosed with ARC, and up to 8,000 people will have been exposed to the AIDS virus, barring a medical breakthrough in the treatment or prevention of the disease.

AIDS experts have predicted that 1 million Americans will be diagnosed with AIDS by the year 2000, again, barring a medical advance.

break.

The American College Health Association published a pamphlet on safe sex, listing sexual activities and their apparent risk.

"Safe" activities include dry kissing, masturbation on healthy skin, oral sex with a condom, external watersports (urination), touching and fantasy.

"Possibly safe" activities include protected vaginal intercourse, and protected anal intercourse.

"Risky" activities include oral sex without a condom, wet kissing, masturbation on open or broken skin, and oral sex on a woman.

"Dangerous" activities in-



## Sex &amp; disease

# Behavior is key to AIDS risk

AIDS, from page 4

AIDS, Francis said.

From there, the disease could quickly spread to the general population, he said.

Gay or straight, drug users or not, people can take steps to protect themselves, experts say.

"The message is very, very clear for this virus," Francis said. "Either don't have sex, or, if you are going to have sex, use barriers. For blood sharing, it's clear. Just don't use drugs. If you must use drugs, don't share needles. If you must share needles, disinfect them."

While abstinence is the only sure defense against the disease, experts say that certain sexual interactions are safer than others:

- Vaginal intercourse without a condom is generally unsafe, although relatively few cases have been transmitted this way so far, at least in the United States, Francis said.

- Anal intercourse without a condom is one of the most risky sexual practices. In homosexual activity, the partner who has semen inserted is at much greater risk, he said.

- Oral sex is not totally safe, but is less risky. "The mouth is a very poor place to establish infection," he said.

Gay men who engage only in oral sex have not generally had increased risk for the disease over time compared to those who have no sex at all, Francis said.

But an open lesion in the mouth would be an obvious site for exposure to the virus, he said.

- "Kissing, on the other hand, is something I have no fear about," Francis said.

As long as there are no open lesions and bleeding, kissing is very safe, he said.

- Most AIDS experts also agree that mutual masturbation or massage is generally safe, as long as blood or semen doesn't contact open cuts or sores.

- Both rimming, oral/anal contact, and fisting, placing a hand or fist into the rectum or vagina, are both considered highly unsafe because germs could be spread or tissue easily torn.

Francis said that when a partner's past sexual history is unknown, the chances of contracting the virus during one unsafe heterosexual contact are somewhere between 1 in 1,000 and 1 in 500.

Those odds may seem good, but the risk increases with each unsafe exposure and each additional sexual partner, he said.

Condoms and spermicides can be used for protection, Francis said, not only against AIDS, but other sexually transmitted diseases, as well.

"I guarantee you," he said. "Within a few years, that will be the accepted way of having sex."

It's too early in the course of the growth of the disease for the American College Health Association and other medical groups to know exactly how many college students have AIDS, but the association has taken informal surveys among students on whether fear of the disease has changed their lifestyles, ACHA spokeswoman Blom said.

"The perception was that it was changing. College students are certainly informed, know the risks, and are at a point where they may choose to use condoms," she said.

At SJSU, the story appears to be the same.

"It's been shown students are more careful than they were five years ago," said Debbie Sawyer, a member of the Health Service's Student Health Advisory Committee.

College health officials report fewer cases of sexually transmitted diseases now than then, she said. "They attribute this to students being more selective in engaging in casual relationships."

Latta agreed the evidence suggests behavior is changing.

"The average college student is becoming much better informed on AIDS," he said, adding that the media have been an important source of student information.

But a recent survey of University of California at Santa Barbara undergraduates suggests that

many students may not be using that information.

According to a recent Associated Press report, of 851 students who responded to a survey by sociologists John and Janice Baldwin, 54 percent reported they averaged two or more sexual partners a year and 19 percent said they had sex with strangers or casual acquaintances.

Of the students who described themselves as sexually active, only 13 percent used condoms. Nearly half the group didn't ask their partners about past sexual activity.

Education is key to combating that kind of apathy, activists say.

Here at SJSU, officials have taken several responses to the AIDS threat, Latta said.

- Every student has received an "AIDS Lifeline" pamphlet

along with computer-assisted registration material.

- Several lecturers, including Health Educator Battle and counseling Professor Wiggy Sivertsen, are available to campus groups through the AIDS Education Committee.

- The Health Service maintains an AIDS information line and distributes AIDS brochures on campus.

In April 1986, the California State University system adopted an AIDS policy statement promising that students and university employees afflicted with the disease won't face discrimination.

Under the CSU policy, students and employees with AIDS are guaranteed access to their classes and all other campus facilities and activities as long as they are physically and psychologically able.

Walters' personal prognosis is unclear. "No one knows," he said. "I'm alive today. That's all that counts. At least now, I'm doing something. If I die tomorrow, that's OK because I know I lived today."

The future of AIDS and the people it affects is equally unclear. Health educators and researchers say the AIDS virus, like bacteria that cause the cold and the flu, is adaptable.

That means that while researchers are gaining more knowledge about the disease, what they know is subject to change, Battle told the Markham Hall students.

Students need to take responsibility for their own knowledge regarding AIDS and other health issues, Battle said. It's a disease that may be around a long time.

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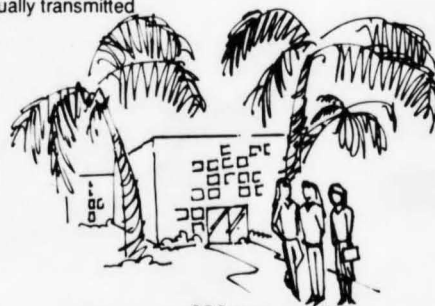
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## Sex &amp; disease

# Politics, bigotry delay AIDS fight

By VEDA ANDERSON,  
In Depth '87

Pointing fingers at groups most afflicted by AIDS has diminished the drive to find a cure, many people say.

And unless the focus moves away from who is responsible for the deadly disease to educating people and finding a cure, experts agree that little progress will be made.

Homosexuals, Africans, Haitians and intravenous drug users have been singled out as the groups most afflicted by AIDS, and many worry that this has made the rest of the world apathetic.

"At the beginning of the AIDS epidemic, many Americans had little sympathy for people with AIDS," stated Surgeon General C. Everett Koop in his recently released report on acquired immune deficiency syndrome.

"The feeling was that somehow people from certain groups 'deserved' their illness. Let us put those feelings behind us," he declared. "We are fighting a disease, not people."

While attitudes are beginning to change, many of the groups assigned high-risk status said they still believe bias is keeping millions of dollars out of AIDS research.

But money is still being spent researching who brought AIDS from where. And some say the stigma attached to the groups considered responsible is stratifying the world.

A journalist with the San Francisco Chronicle has written a

book in which he identifies a Canadian flight attendant as the person who initially spread AIDS in North America in the late 1970s.

Randy Shilts, who could not be reached for comment, said in his recently published book, "And the Band Played On: Policy, People and the AIDS Epidemic," that he uncovered the identity of the man who federal epidemiologists referred to as "Patient Zero" when compiling information about the disease in the early 1980s.

According to Shilts, Gaetan Dugas of Montreal might have contacted the disease through sexual contact with Africans in Europe.

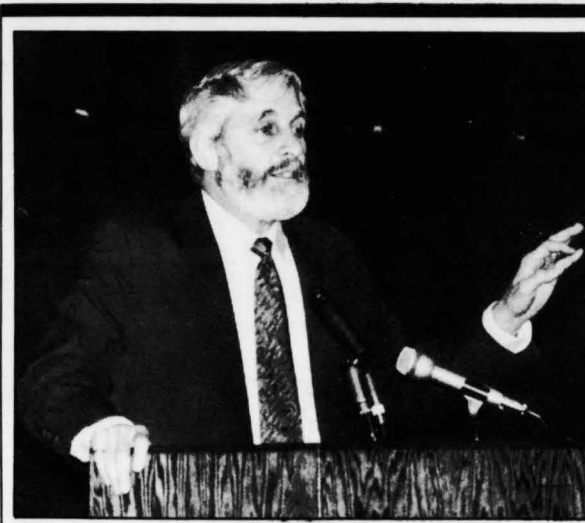
Yet new evidence brought by experts in disease transmission asserts that a St. Louis teen-ager died of AIDS in 1969, indicating that the virus may have been introduced in North America nearly a decade before Shilts reported that Dugas spread the disease.

Western researchers have said evidence indicates that AIDS originated in Africa. But according to Bill Heyward, chief of international activities with the national Centers for Disease Control in Atlanta, nobody knows where the disease came from.

"It's only speculation that the disease came from Africa," he said, adding that discussing who brought the disease from where is meaningless.

"We need to discuss how to deal with the problem instead of pointing fingers at one continent to another," he said.

"Africa is a continent of 60 some odd countries, some of which have no problem with



**'We are the country with the highest reported cases, and we are going to test people coming in.'**

—Dr. Mervyn Silverman,  
AIDS expert

AIDS, some of which have a great problem," he added.

Heyward said AIDS is worse in some African countries because they lack the money, hospitals and diagnostic staff and equipment to combat it.

"We haven't had enough work done in African countries to even know how big the problem is, and that's even true in many areas in the United States," he said. "We're really in many respects no further along here than in many countries in Africa."

It's a global problem, he said, adding that he would rather see the money go to education than to finding out the origin of the disease.

Epidemiologists at the World

Health Organization, based in Geneva, are not making any statements about where the disease came from, said Maureen Clifford, a statistician with the Pan-American Health Organization, the regional offices of WHO.

Clifford said WHO doesn't want to look back but forward to where the disease is going.

AIDS cases have been reported to WHO from 153 countries, she said. The majority of the cases are in the United States. But according to Clifford, "if the country has even one case, that means it has a problem."

"It may be a long time before we find out where the disease is from," she said. "In the meantime, there is a lot of stigma being

attached to groups or countries that lessen the (progress in finding a cure)," she said.

According to Lewis Bundy, associate director of San Jose State University's Educational Opportunity Program, singling Africa out as the place AIDS began "puts another layer of stratification between blacks and whites."

"AIDS has become another one of those perils of the colored people," he said.

Africans abroad, particularly those from Central and East African countries suffering the most from the disease, have been severely affected by the fear of AIDS.

See AFRICA, page 8

## Disease creates epidemic of testing plans

By CRAIG QUINTANA,  
In Depth '87

The call for widespread AIDS testing, fed by predictions that millions of Americans will contract the disease by the year 2000, has spawned a flurry of legislative proposals to stem the epidemic.

In Sacramento and Washington, lawmakers have introduced bills for expanded testing which would affect thousands — perhaps millions — of Americans.

"When you look at it, you begin to wonder who wouldn't be forced to take the test," said Ken Hockenberry, administrator of the AIDS Legal Referral Panel in San Francisco. "If all the measures for testing went into effect, it would include everyone."

Testing proponents, citing the Centers for Disease Control estimate that up to 1.5 million Americans may carry the AIDS virus, say wider testing is imperative to keep the disease from spreading from "high-risk" groups and into the general population.

"We need to test because 80 percent of the individuals who test positive for the disease don't even know it," said Stan Devereaux, aide to Sen. John Doolittle, R-Citrus Heights, who has proposed a 10-bill package which would expand testing in

**'We need to test because 80 percent of the individuals who test positive for the disease don't even know it.'**

—Stan Devereaux,  
aide to Sen. John Doolittle

California.

"There should be increased, routine testing in society," he said. "Most people, if they know they have the virus, don't pass it on to others."

Testing critics, including the majority of the medical community and legal groups, contend testing is a panic-driven response that threatens to run roughshod over individual rights and drive the disease underground.

"Testing is being seen by many as a panacea to the AIDS problem — erroneously," said Kenneth Brock, manger of the Alternative Test Site Unit of the California AIDS Office.

Brock, echoing the statements of other health officials, said widespread testing would be counterproductive, driving potential victims away from care because of the

stigma and discrimination that can follow taking the test.

About 100 testing bills are pending nationwide, said Dr. Mervyn Silverman, president of the American Foundation for AIDS Research and a mandatory testing opponent.

Currently, all state-sponsored testing in California is voluntary under the state's Alternative Test Site program, which provides free, anonymous tests and counseling.

The federal government began limited testing in 1985, targeting military personnel, overseas workers, immigrants and some federal prisoners. Blood, sperm and organ donations are tested routinely.

Although most local, state and federal health officials have opposed mandatory testing outside specified target groups,

more proposals are being made to test wider portions of the population, Brock said.

"Last year there were 22 bills affecting testing of some sort," Brock said. "Minimally, we can probably expect double that (this legislative term), especially in an election year."

Whether it is routine testing, which would allow individuals to refuse, or mandatory, Americans favor increased testing of risk groups, according to a July Gallup Poll. Respondents backed testing of immigrants, inmates, military personnel and engaged couples by margins of more than 80 percent.

By contrast, medical and legal opinion seems to favor expanded voluntary testing with few exceptions. In position papers, policy statements and public, these groups have said mandatory testing would be counterproductive and probably unconstitutional.

"No one is against testing," Silverman said. "It's mandatory testing. If someone thinks he may be at risk, by all means he should be tested."

But large scale mandatory testing, and the reporting of carriers, would invite discrimination, Silverman said.

"If you make it mandatory and have a list somewhere, people will avoid care."

See TESTING, page 8



## Sex &amp; disease

# Reaction to AIDS clouded by apathy

AFRICA, from page 7

African students in countries such as India, Cuba, Bulgaria and Romania are reportedly routinely tested for AIDS.

At New Delhi in India, African students protested in February because they said they were being unfairly ordered to take AIDS tests and expelled from school if found to be carrying the disease.

Medical authorities say testing foreigners may give people a false sense of security from a disease that has spread worldwide.

Dr. Mervyn Silverman, president of the American Foundation for AIDS Research, said testing immigrants does not make sense.

"We feel as a country that it is better to give than to receive," he said. "We have given AIDS to other countries. We are the country with the highest reported cases, and we are going to test people coming in."

"I think the number we find positive will be very small."

Ziddi Msangi, an SJSU student from Tanzania, one of the African countries worst hit by the disease, said using Africans as a scapegoat is not going to help people unite and solve the problem.

"The fact of the matter is that AIDS is right there at your back door," he said, referring to the problem in San Francisco, where half of the gay male population has AIDS, according to Silverman.

"If you're in a burning house, you don't worry about

where the fire started; you just try to get out," Msangi said, adding that it is ridiculous for people to focus on where AIDS is from while people are dying.

"It is too easy to slough off AIDS as essentially an African problem," said Benjamin McKendall, SJSU associate dean of student services and the escort to East Africa for the SJSU Travel Study Program.

"AIDS is very much an international issue, and it's getting worse. People have to stop playing politics, including the governor of California and the president of the United States."

McKendall has been to Africa five times and recently visited Tanzania. He is also a member of the campus AIDS task force.

Haitians were one of the first groups labeled "high risk." Soon the misconception that all Haitians had AIDS was widespread.

People were not letting their children play with Haitian children, said a counselor who works at the Haitian Coalition in New York. People called the office wanting to know if Haitians were responsible for AIDS, she said. They also called saying, "I slept with a Haitian; do I have AIDS?"

The Haitian Coalition was formed to combat the misconceptions about Haitians, said Marie SaintCyr, program director of the Haitian Coalition. "It wasn't felt that it was an accurate classification," she said.

The coalition's goal is to ed-

ucate and counsel people about AIDS.

"There is still not a whole lot of education in the community of the world," she said. "There is a lot of fear about the subject and people are panicking."

SaintCyr said labeling people as high-risk groups has resulted in isolation and further discrimination.

"It further allows people to escape rather than face the issue that each person must be concerned about," she said. "I believe that the more people do that (label others), the more the virus will spread."

According to the surgeon general's report, fighting AIDS becomes more complex when considering that many Americans are opposed to homosexuality.

People still view the deadly disease as a homosexual problem, and it's harming everyone, said Wiggys Sivertsen, a SJSU counselor and lesbian activist.

Massive bigotry that leads to ignorance is the problem, Sivertsen said.

"The most vulnerable people are populations of people that the general society either has negative feelings about or little concern for," she said.

"If the Reagan administration had, the minute we found out it was a sexually transmitted disease, poured tons of money into education, we would be so much further along."

The National Gay Rights Ad-

vocates, based in San Francisco, said they agree that more would have been done had AIDS hit the heterosexual population first.

C.J. Janovy, director of volunteer services for the group, said liberal people are very supportive of the way homosexuals are dealing with AIDS, but "for people who have already had prejudice, this has fueled their bigotry."

"I think (California Gov. George) Deukmejian and Reagan's behavior has bordered on criminal," Sivertsen said, adding that Reagan's anti-gay attitude is obvious when considering the commission he appointed to advise him about AIDS.

The presidential AIDS commission, which was appointed by the president in July, has been plagued with problems. Both the chairman and vice chairman resigned amid ideological disputes.

Dr. W. Eugene Mayberry, the former chairman, did not elaborate on why he was leaving. Dr. Woodrow A. Myers reportedly said he resigned because he could no longer be effective on the commission.

Critics have argued that the commission lacks qualified AIDS experts and is far behind schedule.

Representatives from the Presidential Committee on AIDS could not be reached for comment.

Deukmejian was also criticized for vetoing bills aimed at pumping more money into education and research to fight AIDS.

Earlier this year the governor reportedly slashed \$25 million in state funding that the Legislature had approved for various AIDS programs.

Tom Beermann, the governor's assistant press secretary, said the governor has seen to it that the funding for AIDS education and research has increased more than 500 percent during the past four years.

AIDS spending in California has increased from \$3.4 million to more than \$63 million, he said.

Gov. Deukmejian most recently vetoed a tax-credit bill that would have allowed private dollars into the fight against AIDS.

In his veto message, the governor said he would not approve the bill because the funds would not be accountable to the public or to the normal budget review process.

Decisions about AIDS should not be made by politicians playing out their particular value system to gain credibility among the voters, Sivertsen said.

While Sivertsen said the general public is becoming more sensitized to the AIDS issue, she said she does not see the current administration changing.

Our political leaders would first have to acknowledge the importance of saving the lives of homosexuals, IV drug users and people of color, she said. "I see them both (President Reagan and Gov. Deukmejian) doing something begrudgingly."

## Proposals proliferate as disease toll climbs

TESTING, from page 7

Silverman said testing must be anonymous and include counseling if it will stop the disease.

"You can counsel someone not to spread the disease, not test them" to stay celibate, he said.

In June, the American Medical Association endorsed expanded voluntary testing for patients at drug and venereal disease clinics, for women in the first trimester of pregnancy and for people in areas where there is a high incidence of AIDS. The doctor's organization endorsed mandatory testing of blood and organ donors, immigrants, military personnel and prison inmates.

The Public Health Service and the Centers for Disease Control, which held a conference of state and local health administrators on testing in February, have endorsed expanded voluntary testing.

The traditional risk groups — homosexual men, intravenous drug users and people with multiple sexual partners — constitute most of the diagnosed AIDS victims. But immigrants, prisoners, prostitutes and other groups have been included in many of the proposals.

The American Civil Liberties Union has rejected all compulsory testing except for tissue donations and backed only expanded voluntary testing programs.

Despite the apparent consensus of medical and legal organizations, legislative proposals persist.

In California, Sen. Doolittle has pro-

posed more testing bills than any other legislator. His legislation will face critical floor fights in January and February.

"AIDS is one of the primary interests of Sen. Doolittle," Devereaux said. "He feels the nation and the state have not done anything."

Doolittle's 10-bill package includes proposals for mandatory testing of county jail inmates, for a requirement that engaged couples be offered testing when applying for marriage licenses, for penalties against health care professionals who do not offer testing to pregnant women and for a weakening of the confidentiality laws to allow disclosure of positive test results to public health officials and insurance companies.

The main bill, S.B. 1000, would bring about more AIDS testing because doctors would now be obligated to test unless the patient refuses in writing. The "presumption" is shifted, Devereaux said, and this would be a move toward routine testing, he said.

"You're going to have greater numbers of people taking the test," he said.

Devereaux dismissed privacy objections, saying the public good outweighs the concerns of testing opponents.

"If you have to draw the line between protecting the rights of those who are infected and those who are not, who are you going to protect?" he said. "We have to protect public health."

Besides Doolittle's bills, proposals are pending to test anyone arrested by police and people admitted to public hospitals.

A bill by Sen. Mike Roos, D-Los Angeles, allowing California State University health centers to participate in the ATS program was vetoed by the governor because of administrative costs and duplication of services.

As in Sacramento, a national testing policy is being formed through various proposals and counterproposals.

President Reagan, saying individuals had a "moral obligation not to endanger others," called in June for routine testing of couples seeking marriage licenses and those under treatment at drug abuse or sexually transmitted disease clinics. But the administration's top health officer, Surgeon General C. Everett Koop, has advocated only expanded voluntary testing.

In the House, Rep. William E. Dannemeyer, R-Fullerton, has introduced a package of testing bills to stem the "uncontrolled epidemic."

"In the next five years the number of deaths attributable to AIDS will exceed the number of U.S. military deaths which resulted from World War II," Dannemeyer said in a January speech to the House. "It is a tragedy for any nation to lose so many productive citizens in the prime of life and to bear the societal cost of such a devastating disease."

Dannemeyer, an outspoken critic of the federal government's response to the disease, has proposed mandatory testing of risk groups and reporting the names of AIDS victims and carriers.

In May, Dannemeyer introduced a

bill that would expand federal testing of immigrants and prisoners to allow testing of engaged couples, prostitutes, intravenous drug users, patients in venereal disease clinics and anyone hospitalized between the ages of 15 and 49.

"These measures are moderate, first steps aimed at giving public health authorities the tools to estimate the magnitude of the problem we now face and assess the proper response to control what is now an uncontrollable problem," he said in introducing the bill.

Hockenberry, the AIDS legal panel administrator, said proposals like Dannemeyer's and Doolittle's would incite panic and be counterproductive.

"If the government tries to make it mandatory, it just won't work," he said. "People will be driven underground, avoid medical attention and the disease will spread."

And by taking a test, individuals can face discrimination on the job, by insurance companies and others areas, he said. It is an unnecessary and illegal intrusion into a person's privacy and a violation of Fourth Amendment rights, he said.

Perhaps the most ominous facet of mandatory testing is the road it would open to greater government intervention into people's lives, Hockenberry said.

"If you're going to have mandatory testing, you'd have to be ready to take the next step," he said, using engaged couples as an example. "They'd start telling people they couldn't get married. What comes next?"



Sex & disease

# Rubber or nothing

## Sex with condoms called less of a gamble

By AMY L. PABALAN

In Depth '87

From television commercials to magazine ads and from educational comic books to billboards, that often giggled-about word — condom — is the focus of attention.

When Surgeon General C. Everett Koop first declared last fall that the best way to prevent the spread of AIDS — barring abstinence — is to use condoms, those little "rubbers," "pros," "skins," or "safes" have been in the limelight, sharing the stage with other public health issues.

Because of their use in preventing the spread of sexually transmitted diseases (STDs) and as a birth control device, the image of condoms is also changing.

"Condoms are more readily accepted. It's a part of everyday life," said Gianfranco Chicco, a spokesman for New York's Carter-Wallace, Inc., makers of the Trojan brand condoms.

More and more women are buying condoms to protect themselves and make up 10 percent the company's clientele, he said.

In the age of high teen-age pregnancy rates, AIDS and other STDs, condoms seem to be everywhere.

Recently, students at Woodrow Wilson High School in San Francisco learned how to use condoms by putting them on cucumbers.

Condom vending machines will be placed in dormitories at the University of California at Berkeley next semester. The University of California at Santa Cruz already sells condoms in several residence halls. At San Francisco State University, they are available at the student union.

There are condom machines in public restrooms and supermarkets, pharmacies and convenience stores stock them in highly visible places.

Using a condom seems to be the answer in protecting oneself against STDs and unwanted pregnancy, but it still isn't the cure-all solution. It isn't foolproof.

However, there are no figures on condom breakage, said David Duarte, Food and Drug Administration spokesperson in Washington, D.C. The administration regulates condoms as medical devices and they must meet FDA quality testing procedures.

Studies are being conducted by the National Institute of Health in Washington to find more information regarding condoms, he said.

Duarte said the chances of a condom breaking depends on how it is used. "(Breakage) is subjected to pressure, either vaginal or anal."

During FDA testing of condoms between April and August of this year, 204 batches were tested and 41 had a failure rate below the agency's requirements. The condoms were recalled.

"The standards of condoms is that no more than four in a thousand may leak," Duarte said. "In the batches (which had thousands of condoms) 20 percent failed the water-leakage test."

Foreign-made condoms failed at a slightly higher rate.

But one "can't make a general statement that (foreign-made condoms) are inferior," Duarte added.

When conducting its tests, the FDA uses a formula to determine a representative

sample of 1,000 condoms, said Janet McDonald, an FDA consumer affairs officer at its regional office in San Francisco. If four violate FDA requirements within that 1,000, then the batch is considered a failed lot and recalled.

The FDA checks condoms by attaching them onto machines. Water is released into them to see if there is any leakage. Then they are taken off the machine and tested for any damage, McDonald said.

The FDA does not recommend any specific brand or type of condom. But there is a new regulation that went into effect in April that revises the labels of packages of latex or rubber-made condoms. The label states when used properly, the condoms can be an effective measure against getting or spreading STDs.

However, the label does not appear on packages of animal membrane-made condoms.

Animal membrane condoms, made from sheep or lamb intestine, have a "different molecular structure and are not the same as latex condoms. There is no data to support that the natural membrane condoms are an effective barrier to the AIDS virus," Duarte said.

Condoms come in a variety of styles. Transparent or colored, some are lubricated, while others have ribs or ridges for added sensation. Some brands are treated with spermicide for more protection against pregnancy.

But it isn't enough just to buy and use condoms in an effort to protect oneself. The

**'Condoms are more readily accepted. It's a part of everyday life.'**

— Gianfranco Chicco, Trojan condoms spokesman

key is using them properly, said Charlotte Schramm, health educator of Planned Parenthood in San Jose.

Condoms should be worn from the beginning of sexual contact to the end. They should be put on before any kind of contact or sharing of body fluids, such as penis to vagina, penis to mouth or penis to anus.

When placing the condom, it should be rolled down all the way to the base of the penis and used only once.

To avoid the possibility of condom breakage, couples should wait until the woman has become sexually aroused, which allows time for the vaginal fluids to serve as a lubricant for the condom, Schramm said.

Besides products that are already lubricated, people should not use products such as petroleum jelly or cooking oil as lubricants as they may cause the condom to deteriorate, she said.

The possibility of the condom slipping off is not a problem, if placed correctly. But if the man does not withdraw while still erect, the condom can slip off, possibly allowing semen to enter the vagina and causing infection, Schramm said.



Despite the fear of AIDS, condom sales at the Spartan Bookstore have been slow.

JAY DUNLAP — In Depth '87

Condoms are no longer considered a taboo for the media, as television commercials have hit the airwaves and advertisements have been published in newspapers and magazines.

Even the president's son, Ron Reagan, has narrated an explicit 30-minute documentary on AIDS and also filmed a television public service announcement promoting the use of condoms and the need to practice safe sex.

But condom commercials are not all that new to television screens.

In 1975, KNTV Channel 11 in San Jose, was the first station to air a condom commercial. Presently, the station does not carry any condom commercials because of the lack of advertisers buying air time, said Stewart Park, station manager and 1964 SJSU broadcasting graduate.

The 1975 showing of condom commercials were a "flash in the pan," Park said. But because the recent emphasis on AIDS and safe sex awareness, the station has developed its own policies regarding condom ads, he said.

The commercials should be in "good taste," Parks said. He added that it is difficult to define absolute guidelines but that the managers would view the commercials subjectively to see that commercials are not "too graphic and (do) not offend anyone."

"We would try to keep (the commercials) away from elementary and secondary schoolchildren," Park said. "It's a sensitive thing with a lot of parents. (But) we want to deliver valuable information to adults."

The university radio station, KSJS, has been airing public service announcements since May. The announcements, which were sent pre-recorded by the surgeon general's office and the Santa Clara County Medical Society, stress the best protection against AIDS, besides abstinence, is the use of condoms.

The tapes are aired three or four times a day, said David Yohn, KSJS general manager.

"We wanted to support the whole effort of AIDS education, if nothing else," Yohn said.

Health-related issues have made their mark at SJSU as the campus tries to address AIDS, other STDs, condoms and safe sex with increased awareness and education.

The SJSU Associated Students joined a nationwide effort last spring to educate the public on the use of condoms during National Condom Week. The A.S. hosted condom tosses, gave away condom balloons and sponsored educational workshops.

The campus continues to address the problem of AIDS, other STDs and safe sex with events such as last month's programs during AIDS Awareness Week and Gay and Lesbian Week.

Condoms may also be purchased at the SJSU Student Health Service. Although there are no statistics available to show how many are sold, a student who works at the health service said a lot of condoms are sold to both male and female students.

The Spartan Bookstore has also responded to today's health issues by selling condoms.

However, sales have been very slow, said Marilyn Railsback, Spartan Bookstore merchandise manager.

Despite the poor sales, Railsback said the bookstore will continue to carry the condoms, which are stocked at the check-out stand.

In the future, another alternative may be provided for students who want to purchase condoms.

There are plans to place condom vending machines in the residence halls, said Charlene Chew, associated director of university housing services. But due to physical plant needs that take priority over the machines, no installation date has been set, she said.

To find out if advertising and the increased availability of condoms has affected students, SJSU student Suzanne Prodis' sign posed the question, "Do Spartans use Trojans?"

**'It's such a hot topic.'**

— Suzanne Prodis, SJSU student

As part of a research project, the recreation administration senior surveyed more than 275 students last Wednesday in front of the Student Union to find ask about students' sexual behavior and whether they use condoms.

"It's such a hot topic," because of the controversy and the advertising of condoms, Prodis said.

Last month about eight Markham Hall residents sold Condom-grams in response to a seminar on the subject of AIDS and safe sex held in the residence hall.

Students were able to send condoms to anyone who lived in the residence halls. Along with each hand-delivered condom was an invitation to attend the seminar.

More than 130 condoms were sold, said Mo Smith, a Markham Hall resident and a junior majoring in occupational therapy.

Although people are beginning to use condoms more now than compared to about five years ago, Smith believes they are not used enough.

"There is still a lot of free sex out there," she said.



## Sex &amp; disease

# Older sexual diseases cause concerns

By AMY L. PABALAN,  
In Depth '87

While concern and controversy surround AIDS health officials also continue a battle against other sexually transmitted diseases (STDs) that are contracted by hundreds of thousands of people nationwide each year.

From the time of Moses to the 20th century, STDs have plagued mankind. They have affected kings, queens and infamous persons including Ivan the Terrible, Adolf Hitler and Al Capone. U.S. News and World Report stated in a June 1986 article.

Treatments and cures for most STDs are possible, but people may contract them again since the body is not immune to the various viruses or bacteria that cause the diseases.

If left untreated, STDs, which also include chlamydia, genital herpes, venereal warts and pelvic-inflammatory disease, may lead to reproductive system damage, sterility, insanity, blindness and death.

Infected mothers could pass the disease to their unborn children, which might lead to deformities or stillbirth.

While gonorrhea cases are declining nationwide, the number of syphilis cases indicate an opposite trend, according to statistics in the Morbidity and Mortality Weekly Report published by the national Centers for Disease Control in Atlanta.

From January to September, 25,000 syphilis cases were reported — about 7,000 more than the same period last year.

## NUTRITION, from page 2

the fat level and oil increases the number of calories.

Pizza and fast food are OK once in a while, Sucher said, "but they shouldn't be steady fare."

Obviously, you eat more than hamburgers, processed salads and pizza. But how do you find out the nutrition of what you're eating?

Sucher said the Nutrition and Food Science Department offers two courses for non-majors that allow students to evaluate their eating habits — Nutrition 9 and 140.

After a meal is when most reformed smokers feel that old urge to light up. And kicking the habit is a monumental task at best.

But maybe smoking doesn't cause cancer after all.

That's what Jim Goss said. He's a spokesman for the Tobacco Institute in Washington, D.C.

"It is true that some smokers get lung cancer," he said. "Some smokers get heart disease. Some smokers get other diseases."

Some smokers do not get lung cancer; some smokers do not

## Symptoms, dangers of other STDs

### CHLAMYDIA

Chlamydia affects between three million and 10 million Americans yearly. It is spread by sexual contact and women can pass it to their children during childbirth.

Symptoms usually occur between one week to three weeks after infection. Men may have discharge from the penis or experience a burning sensation during urination. For women, many do not develop symptoms, but they may have vaginal itching, abdominal pain or bleeding between menstrual periods.

If left untreated, chlamydia may cause infertility in both sexes. The disease is curable by tetracycline or doxycycline.

### GENITAL HERPES

About 20 million people nationwide have genital herpes, which is caused by herpes-simplex viruses.

Symptoms include painful blisters that become open sores around the genital area which usually heals. The disease recurs in most people, and presently, there is no known cure. However, there are medicines that might reduce flare ups, such as Acyclovir.

### GNORRHEA

Thousands of people are infected by gonorrhea each year. It is caused by a bacteria through sexual contact. For males, the

symptoms include a puslike discharge from the penis and pain while urinating.

Many women do not have any symptoms, but can expose their babies to the disease. It could lead to arthritis and sterility.

Penicillin and other antibiotics are used to treat the disease.

### SYPHILIS

The disease is caused by a bacteria that develops into two stages, usually within two to six weeks after infection.

The first stage shows a chancre, or sore, on the genitals or mouth. The sores disappear, but the disease is still present. During the second stage, there may be signs of rashes, swollen glands or hair loss. Syphilis can lead to brain damage, insanity, paralysis, and death. It is cured by penicillin.

### TRICHOMONIASIS

Approximately three million people get this disease each year, which is caused by a parasite. Women may show a discharge, itching or a redness of genitals. Men show no symptoms.

The disease can be detected through pap smears or microscopic examinations. It can cause gland infections in women. Trichomoniasis is curable by the drug metronidazole.

In California, the number of cases reported from January to Aug. 8 total more than 4,300. For the same time period last year there were 2,704 cases.

In San Francisco, the number of syphilis cases fell to 97, a 47 percent drop compared to 1986. The decrease is attributed to an increasing awareness of AIDS and "safe sex" practices.

Syphilis cases that are de-

tected and treated at the Park Alemeda Health Facility in San Jose have decreased in the past year, said Bernie Zebrowski, supervising public health adviser.

The facility, a part of the Santa Clara County Department of Public Health, provides health services for both men and women, including testing for AIDS and other STDs.

A few years ago, the depart-

ment used to detect and treat 30 syphilis cases a month, but lately the average is down to 10 cases a month, Zebrowski said.

Four or five years ago, two-thirds of the syphilis cases treated at the facility — 200 cases a year at one point — involved gays, he said.

Presently, only half of its syphilis cases involve homosexuals.

Zebrowski attributed the decrease of syphilis cases among gays to increased awareness of STDs and AIDS.

"I don't think the heterosexuals are getting the message," Zebrowski said.

"The straight community has not gotten to that point," he said. "Straight people think it's a gay or drug abuse problem." He added that heterosexuals don't see the need to change their sexual habits.

Detecting and treating STDs becomes even more difficult because 20 to 25 percent of the males and most women don't develop symptoms.

"Women end up on the short end" of STDs, he said. Frequently, the only time women find out they are infected is when the disease develops into pelvic-inflammatory disease, Zebrowski said.

## Gonorrhea changes

Throughout the years, gonorrhea has been slowly evolving into strains that are resistant to some medication, but there are drugs used to combat the disease.

To fight penicillin-resistant gonorrhea, other antibiotics such as tetracycline and spectinomycin have been used.

However, Army officials report that servicemen in Korea have developed gonorrhea that is resistant to the relatively new spectinomycin, according to a New York Times article.

To combat this new spectinomycin-resistant gonorrhea, doctors are using another drug, ceftriaxone, which is also used against chlamydia, Zebrowski said.

# There's not one answer for questions of health

get heart disease and other diseases, he said.

Goss said it is also true that many nonsmokers, who've never been around cigarette smoke in their lives, get lung cancer, heart disease and other diseases.

"Our conclusion from that is these diseases are not unique to smoking," Goss said.

But is the percentage of smokers who get these afflictions higher than nonsmokers?

"That's about all we can say on it," Goss said. "This is an old debate. The issue now is about second-hand smoke."

But the American Cancer Society doesn't see it that way.

"Cigarette smoking is responsible for 85 percent of all lung cancer cases among men," said Sarah Allen, a spokeswoman for the society.

She said smoking is responsible for 75 percent of the cases among women — about 83 percent overall.

Smoking is responsible for about 30 percent of all cancer deaths, is a major cause of heart disease and is linked to conditions ranging from colds to chronic bronchitis and emphysema, Allen

**'Cigarette smoking is responsible for 85 percent of all lung cancer cases among men.'**

— Sarah Allen,  
American Cancer Society

said.

For the sake of argument, let's say we shoot all the smokers and park all the cars. Is it now safe to breathe?

Not according to Greenpeace, an environmental interest group.

Earlier this month, the state gave Odgen Environmental, a company operating in La Jolla, permission to operate a toxics incinerating plant — the first in California.

Calling the incinerator a "landfill in the sky," Greenpeace maintains that incinerators in other states have emitted dangerous toxins in the air, causing sickness in both humans and the surrounding environment.

"We've looked at incinerators around the country, and they all emit dangerous toxic chemicals," said Greenpeace spokesman Bradley Angel.

"And we've looked at the companies that want to operate these (in California), and a lot of them are major toxic polluters, and they have no ability or desire to abide by the law," Angel said.

With no controls, these facilities could indeed be potentially hazardous, said Bob Borzelleri, a spokesman for the state Department of Health Services' toxics division.

"But with very controlled mechanisms with monitoring and restrictions, the chance is obviously low," Borzelleri said.

"For the most part, stack emissions (from the incinerator) are cleaner than industry stack emissions," he said.

And, Borzelleri said, the safety records for similar plants

around the nation are good, and there's never been "any record of environmental degradation."

What's the answer to incineration? What's the answer to any of these questions?

It's simply a matter of who you want to believe.

But there's no question to impact of these issues on society. In the past decade numerous health spas have sprung up across the country.

Fat-farms have given way to diet restaurants and diet salons.

Restaurants that were previously burger specialists have added salads to their menu, and a commercial distinction is being made between frying and flame broiling.

Condoms have taken their place in bookstore checkout lines.

Actors and athletes are telling us to "just say no" to drugs.

And nonsmokers are taking a first-hand interest in the hazards of second-hand smoke.

Regardless of which side of an issue you choose to believe, the diseases, and the controversies, will change the way you think and behave.



## Sex &amp; disease

# Religious hierarchies face moral dilemmas regarding AIDS issue

By LIBBI JOROFF,  
InDepth '87

Jim is dying of AIDS. He has existed in a living hell of pain and debilitation for almost three years, and he believes that a spiritual hell awaits him after his worldly suffering ends.

"All my life I've been Catholic, and all my life I've been gay," Jim said.

"Even though I understood that the church condemned homosexuality, I really believed I'd get some sort of reprieve," he said. "I guess I confused the church's compassion with forgiveness."

The acquired immune deficiency syndrome crisis has created confusion within the church as well.

The Vatican issued a letter to all its bishops this year strongly condemning the use of contraceptives for any purpose, including the prevention of sexually transmitted diseases.

Yet, in February, the Rev. Carl Tichener distributed condoms to the members of his congregation in New York, preferring they engage in "safe," even though uncondoned — sex rather than contract AIDS.

"By the turn of the century, there will be 100,000 deaths from AIDS," Tichener said.

"If we do not get this information out rapidly, this country is facing in the future an epidemic that will make the bubonic plague look pale by comparison," he said.

While Tichener spoke, about a dozen people picketed outside of his church, some praying, others carrying signs that read, "Only Chastity Will Stop AIDS" and "Just Say No."

In Oakland, high school students in the seven Catholic diocese schools may begin discussing the use of condoms as a means of preventing the spread of AIDS, a survey by the National Catholic Reporter revealed.

"If we're afraid to talk about condoms and all the other issues AIDS raises, then we're really missing it," Sister Rosemary Hennessey, superintendent of Oakland's

**'If we're afraid to talk about condoms and all the other issues AIDS raises, then we're really missing it.'**

— Sister Rosemary Hennessey  
Catholic school superintendent

Catholic schools, told the Reporter.

Other Catholic school districts responding to the survey argued that traditional church teachings of celibacy before marriage and monogamy afterward offers the best protection from AIDS and other sexually transmitted diseases.

"The church has a difficult time dealing with matters of a sexual nature," said Bill Welch, director of Dignity San Jose, a pro-gay Catholic group.

"Their approach tends to be ensconced in the biological aspects... the idea that sex is removed from the individ-

ual," he said.

This type of approach prevents the church hierarchy from teaching the importance of personal responsibility, Welch said.

"Things like the Vatican letter are interpreted differently by everyone," he said. "Each bishop might see it in a different light."

"So, what some people in the Vatican majestrium might define as dissent is really people working within their conscience," Welch said.

Pope John Paul II, during his September U.S. visit, urged Catholic health care representatives to be "good Samaritans" to AIDS patients.

"You are individually and collectively living out the parable of the good Samaritan," he said in his speech to health workers in Phoenix, Ariz.

"Besides your professional contribu-

**'We disagree with homosexuals, and consider it (homosexuality) to be wrong.'**

— Jerry DeOliveira,  
Southern Baptist Association

tion and your human sensitivities toward all affected by this disease, you are called to show the love and compassion of Christ and His church," he said.

In San Francisco, Archbishop John Quinn has taken steps to work with the organizers of AIDS services in the community.

Quinn appointed Father Michael Lopes as an AIDS minister in 1986. Lopes has supervised seminarians on the AIDS wards at three hospitals and has worked as a liaison between the archdiocese and Dignity San Francisco.

Other denominations are also coming together to offer help to AIDS patients.

In 1983, the AIDS Interfaith Network brought together several San Francisco Baptist, United Methodist, Lutheran, Presbyterian, Episcopal, Evangelical, Buddhist and Jewish congregations, as well as Catholics, to try to cope with the burgeoning problem.

"We're getting the feeling that religious groups are mostly supportive," said Julian DiCiurcio, director of volunteer services at the Campbell-based AIDS support and information group, the Aris Project.

"There haven't been any overt words or acts against the project, or against AIDS patients in the area from even the most conservative of the local churches," he added.

DiCiurcio said various religious organizations have asked the Aris Project to make presentations to educate their members about AIDS, including Los Gatos Community Church, which he considers to be very conservative.

The Jewish community is also taking a stand on the AIDS issue.

Last year, Congregation Sha'ar Zahav, in San Francisco, wrote a resolution



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**Bill Welch, director of Dignity San Jose, a pro-gay Catholic group, is critical of church leaders' stand on AIDS and homosexuality.**

calling for Jewish congregations to provide education about AIDS and for an end to AIDS-related discrimination.

The resolution was unanimously passed in November by the Union of American Hebrew Congregations — the Jewish Reform Movement's organizing body in the United States and Canada.

But some church leaders have been accused of active dissension from their parent organizations for participating in AIDS hospice programs and supporting homosexual members.

Jim Lowder, pastor of the Dolores Street Southern Baptist Church, was removed from his teaching duties at the Southern Baptist Golden Gate Seminary in Mill Valley in 1986 for his support of homosexuals in the church.

His church was expelled from the San Francisco Peninsula Southern Baptist Association.

"We disagree with homosexuals, and consider it (homosexuality) to be wrong," said Jerry DeOliveira, executive director of the San Francisco Peninsula Southern Baptist Association.

"But we do believe that Jesus died for them too," he said.

Lowder said in an interview in The Christian Century, "Jesus never mentioned homosexuality," but taught "one ethic of human relationships whether you're gay or straight."

"We're called to be faithful, loving, caring, life-enhancing and not destructive or manipulative," he said.

Members of the Dolores Street Church have done volunteer work with AIDS patients and have continued to give support in the form of food and blankets to the protes-

ters at the ongoing AIDS vigil at the federal building in downtown San Francisco.

Charles Stanley, pastor of the First Baptist Church of Atlanta and former president of the Southern Baptist Conference, has said that "AIDS is God indicating his displeasure with homosexuals."

DeOliveira said that statement does not reflect the views of the association or the church in general.

"Each individual minister is responsible for his own views," he said.

Bill Welch disagreed with the belief that AIDS is God's curse upon homosexuals.

"AIDS is not a gay disease, so it's not a scourge against gays, not a retribution against sinners," he said.

"Sin centers around acts of conscience," he said. "If we believe in an all-loving God, I can't see a way that people can think in terms of retribution."

There is still a fine line between religious compassion and forgiveness.

When the Pope was asked if he believed AIDS might be God's punishment to homosexuals, John Paul replied, "It is not easy to know the intent of God himself. He is a great mystery."

"The church is doing all that is possible to heal and, especially, prevent the moral background of this disease."

For victims of AIDS like Jim, this offers little consolation.

"I cannot repent for feeling the way I do, for being gay," he said.

"I've been in the Catholic church for 33 years, and if I give up any part of my belief, it'll all fall apart for me. I can only hope that some part of what I've been taught about 'sin' is wrong."



# Acting on AIDS

Sufferer turns activist, fights pain, ignorance of 'peoples' disease'

By CRAIG QUINTANA,  
In Depth '87

Joe Jenkins speaks uncomfortably at the podium, cracking nervous smiles and fidgeting as he fumbles for words. Finally, with an effort he declares: "I'm here today because I didn't practice safe sex."

For only the second time, Joe is talking publicly about having AIDS. The last of three speakers, the 52-year-old struggles a bit. Audience members, about 80 parishioners of the mostly gay Metropolitan Community Church, listen intently.

"We want others to know that you don't have to stay down in the dumps because it's going to happen to you," he said, adding the difficulty is living with the disease rather than dying from fear of it. Quoting a 22-year-old AIDS patient, Joe said: "I don't have a problem with dying; I'm having problems with living."

Since March, Joe's life has been a struggle. Outwardly, he appears no worse for wear. But like an overturned hourglass, his time is relentlessly running out.

Joe has had pneumocystis carinii pneumonia, one of the opportunistic diseases that prey almost exclusively upon AIDS sufferers. His immune system remains depleted, and it is likely he'll have a fatal relapse.

Resigned to dying from AIDS, Joe is determined to make the most of each remaining day, month or year.

"I can't live my life like I may die tomorrow," he said. "Who knows, I could get pneumocystis again. But I can't stay home and do nothing. I've got to live."

Since October, he has become an AIDS activist. After a lifetime of reserved homosexuality, avoiding the publicity of gay demonstrations or politics, Joe has taken his fight into the open.

"I'm interested in furthering

the education of people, not just AIDS people, but everyone about the disease," he said. "Because it's not a disease that attacks just queers and drug users. It's a disease of people."

The day before the October church service, Joe spoke to a group of Roman Catholic nuns. To the church gathering, he preached the gospel of safe sex and the importance of emotional support for AIDS patients.

On October 12, Joe was part of the National March on Washington for Gay and Lesbian Rights — the largest demonstration by gay organizations to hit the Capitol. Joe was one of the 200,000-plus protesters demonstrating for gay rights and more federal funding to fight AIDS.

In late October, he spoke to a group of nurses at Mountain View's El Camino Hospital. He also testified before the Santa Clara County supervisors about the financial and emotional strife of AIDS sufferers

**'I'm interested in furthering the education of people, not just AIDS people, but everyone about the disease. Because it's not a disease that attacks just queers and drug users. It's a disease of people.'**

—Joe Jenkins,  
AIDS sufferer

and the need for more support facilities.

Before the march, Joe reflected on his activism.

"I guess I never felt the need before," he said. "I'm freer than I've ever been. I feel good about it because I should do it."

This involvement is what separates Joe from others with AIDS, said Dr. Dan Dugan, director of El Camino Hospital's Human Support Department.

"He's an exceptional man. I've met very few like him," said Dugan, who counseled Joe after his diagnosis and has become a close friend since.



Joe Jenkins speaks frankly about life with AIDS

"He's unusual in the sense that most of the patients I've met don't become activists," he said.

By most definitions, Joseph Jenkins is unusual.

Short and robust, with a middle-aged paunch and a meticulously trimmed beard, Joe stares through penetrating blue eyes that have seen much. He's done many things,

being an insurance salesman, a U.S. Marine, a hippie and a secretary for San Jose Mayor Tom McNery.

In what Joe says have been fulfilling years, he's pursued many interests.

One of these is his George Washington collection, which includes some 300 paintings, arti-

facts and memorabilia honoring the man he idolizes for sacrifice to others. The collection, parts of which adorn nearly every wall of his home, will be donated to the San Jose Museum of Art.

"It's not the Smithsonian, but it will allow many people to share in something I've put years and years of my life into," he said.

Joe's home, a 96-year-old Victorian, has been a passion for the past 14 years. The house, which he persuaded the Santa Clara City Council to declare a historical site, is his pride. The two-story structure has been in a perpetual state of repair since he moved in, outlasting

his desire to fix it.

"The house is in better shape than I am," he's given to saying.

In March, Joe developed a persistent cough and had trouble breathing. For the previous three months, he had a fever and felt fatigued. After his regular doctor was stumped, he went to a specialist.

"This was a Monday, by Wednesday I was in the hospital with a 104-degree fever and profuse sweating," he said.

A biopsy confirmed Joe had pneumocystis carinii pneumonia, a lung disease routinely quashed by healthy immune systems but deadly to AIDS sufferers. At the end of April, Joe left the hospital 38 pounds thinner, his life in shambles.

"I was certain that I didn't have six months when I got out and was ready to be a despondent person," he said. "After a week of sitting in the chair, I decided that being depressed was boring. I don't have the time to be terrified."

While hospitalized, Joe made arrangements for his death, setting power of attorney, making funeral preparations, and entering a non-resuscitation order. Two months later, he decided to try to get on with his life.

In the ensuing weeks, Joe contacted the Aris Project, a Santa Clara County emotional support group for AIDS patients. Initially skeptical, leery of the benefits of group therapy, Joe said he has found project meetings invaluable.

"I think the best part about it is sharing with others who have AIDS," he said.

Heeding his doctor's orders,



Washington memorabilia

Joe sought out a drug treatment program at Stanford University. A part of a yearlong study on the side effects of AZT — he receives free medication until next April, when he'll have to find another source for the \$12,000 annual supply. Thus far, side effects have been occasional headaches and nausea.

Joe credits the experimental drug for prolonging his life, but admits it may only be a psychological crutch.

"I think it helps," he said. "It's supposed to keep the virus from replicating, but who knows?"



## disease



JAY DUNLAP — In Depth '87



JAY DUNLAP — In Depth '87

## Joe Jenkins' home

Every two weeks Joe goes to the clinic for a blood test. Some weeks there is a physical. Always there is waiting. In the lounge, he jokes with the other subjects, men who are strikingly thinner, sicker and younger than Joe.

"It's amazing that they can laugh that way," he said. "But they have to."

Friends describe Joe as a vibrant and creative man whose humor can fill a room. They call him a doer, a man on the go who still takes time to listen and be friendly.

A staff member in the San Jose mayor's office, Joe took leave from his job to avoid stress, which he says would have killed him. He left a trail of admirers in City Hall, where he worked for two years.

"He brought a lot to the office," said Mary Ellen Ittner, the mayor's press deputy. "Every birthday he'd bring in a poem for the person. That kind of thing adds a lot to the office."

Mayor Tom McEnery, a friendly critic who once chided Joe about his "doggerel poetry," lauded Joe's ability with words.

"He wanted to be poet laureate of San Jose," McEnery said. "There aren't too many poets I can quote, but I can quote Joe."

A prolific poet of simple verse, Joe said he was never able to attack serious subjects before getting AIDS.

"Maybe this has made me less self-conscious, more honest," he said.

Now Joe pens fewer "silly poems," writing instead about AZT, death and reaching out to others in need.

*I cannot heal your body; But I reach out to your mind/With hope that you can borrow/And whatever strength you find.*

In the late 1960s, while Joe lived in San Francisco, sexual patterns were set that virtually assured he would contract AIDS. A Bay Area native, he spent his late teens and early 20s in South Bend, Ind., where he lead a conservative gay life until moving to an environment of easy sex.

"I got on the street. I was cute, I was young and I could connect," he said.

"By that time the die had been cast, sexual promiscuity became a habit. Sex became an addiction to me, like nicotine."

Joe declined to estimate the number of partners he had in the past 30 years, but said it was not uncommon for him to have sex three or four times a day.

"Let's just say it was a very large number of people," he said. "I was promiscuous by anybody's book."

By the early 1980s, Joe was well settled in Santa Clara. Although the talk of AIDS was rife in the gay community, Joe said neither he, nor his partners, worried about reducing their risk.

"I thought, 'God isn't going to let this happen to me,'" he said. "I said my prayers at night and He would take care of me. I continued to practice unsafe sex."

For a sexual attitude formulated on freedom, the idea of limited sexual practices or killer diseases seemed too alien to consider.

"You knew you could get any number of diseases, but none of them were fatal," he said.

Joe was repeatedly treated for hepatitis and gonorrhea. At that time, he said, such diseases were an assumed risk of the gay lifestyle and easily taken care of with a penicillin injection.

"There are no shots anymore," he said.

While AIDS awareness seems greater today, Joe is appalled by the number of young men who continue to endanger themselves and others.

"The teen-agers are the ones saying that 'it will never happen to me,'" he said. "When I see a young boy who has AIDS, I weep. They haven't had a chance to live yet. They haven't had a chance for anything . . . that's the terrible part of this disease. It attacks you at the peak of your existence."

"The thing to remember is that come can kill."

In Washington's gay clubs, Joe said he saw rampant unsafe sex even with the somber backdrop of 3,000 AIDS sufferers marching on the Capital. In the city's gay clubs, freewheeling sex continued as if the epidemic didn't exist, he said.

"Here we are marching for gay rights and the AIDS cause and

to AIDS sufferers, Kaposi's sarcoma, which causes disfiguring, purplish skin lesions, does frighten Joe.

"That would be a terribly heavy cross to bear," he said. "It's hard enough to have the disease on the inside. To wear it on the outside would be shattering. I can't fathom that."

Joe has known five people who have died from AIDS. A man he met only twice at Aris meetings had the most profound effect on him. The man, who had Kaposi's lesions on his face and a multitude of internal disorders, had the strength to talk about his hopes, fears and needs in public. He died soon after.

"He had the courage that I hope and pray I'll have when I'm that bad physically," Joe said.



**'The teen-agers are the ones saying that 'it will never happen to me.''**



**'That's the terrible part of this disease. It attacks you at the peak of your existence.'**



**'The thing to remember is that come can kill.'**

—Joe Jenkins

we still have people acting like it was 20 years ago," he said.

Joe harbors no illusions that he will survive AIDS. Still, he hopes there will be a breakthrough.

"You have to hope there will be a cure," he said. "I just know that in my heart I will not be able to witness it."

Joe said he is comfortable with dying.

"I think death is not something that you have to be afraid of, and I don't think you know that until you have a fatal disease," he said. "It sounds shallow to say that you're not afraid of dying, but it's the illness that scares me."

Joe said his worst fear is a protracted and painful death, spending weeks hospitalized in a debilitated or semiconscious state — a possibility with pneumocystis.

A fighter by nature, he says he will give up the good fight.

"I hope I'm one of those who knows when to let go," he said. "It's not bravery or courage, it's just knowing when."

A form of skin cancer common

Paradoxically, Joe says the best time of his life is coming at its end.

"It's been a marvelous irony for me," he said. "It's like coming out. At 52, I'm happier than I was at 22 despite AIDS."

Since April, Joe has re-entered the gay community socially, something he shunned for the past 30 years. For the first time, he said he is seeking companionship with gay men for social, not sexual reasons.

Joe has also rediscovered religion, for once feeling at home in a church. In October, he was baptized in the Metropolitan Community Church, six months after a friend brought him to his first Mass.

Although raised a Roman Catholic, being baptized and confirmed, Joe was driven from his parents' church by its unyielding stand on homosexuality.

"Finally, I can sit in a place of worship and not be an outcast wearing a double face," he said.

With his brighter, freer outlook on life, Joe said he's feeling more comfortable being publicly gay. Recently he's taken to wearing large rings, brighter clothing and a

battle-ax earring.

"That is in retaliation for all those years I was told not to do that," he said. "When you are ready to let go, I think it's a flood you can't stop."

Fulfilling an old ambition, Joe bought a Cadillac. The car, a gray 1977 Coupe de Ville, represents "making it" to his generation, he said.

*I need to drive a Caddy —  
It's a symbol I require  
To let them know I've been here  
And had all that I desire.  
I've had all the jewelry  
And houses that I can stand.  
I have been in the movies  
And I've seen the world first hand.  
But, still, I need a Caddy  
All that comfort and that cash  
To cater to my ego  
And support my sagging Tush!*

Only eight months after his diagnosis, Joe is considering taking the training needed to become an Aris counselor. He wants to reach out to other AIDS patients on a personal level.

"I don't think I would want to get too emotionally involved," he said. "But I feel strong enough. I could probably help others. The only problem would be if both of us got sick at the same time. I don't think it would either of us any good to go through that."

Joe considers himself a "lucky one," having the finances, friends and family acceptance that most AIDS patients lack. Because of that, he suspects the his compulsion to help others is greater.

"Anything I learn that helps me, I'll have to pass on to someone else," he said. "I want to get educated about the disease. Even though it's painful for me, it will enhance my life as well."

"That's the way I can pay back for some of my stupidity. It's not too late if I can help one other person from dying."

# Environmental threats

## Toxics: The debate continues

By LARRY ARAGON.  
In Depth '87

If you look into the Lorentz Barrel and Drum Co. yard, you will see thousands of barrels.

What you won't see is the toxic contamination beneath the barrels which "poses a direct threat to local wells," as stated in a State Department of Health Services report released in February.

The business, which is located at 1515 S. 10th St., is one of 20 Superfund sites in the Silicon Valley. Superfund locations are considered to be the most serious contamination sites in the nation by the Environmental Protection Agency and have a high priority to be cleaned up.

All of the Silicon Valley sites have made their way into the media over the past several years, making "toxics" a household word in Santa Clara County.

One industry watchdog has even gone so far as to call the 1980s the "decade" of toxics awareness.

The public was aware of toxics in the past, but it did not really start to take a big interest in chemical spills and leaks until problems arose in the Silicon Valley, said Ted Smith, executive director of the Silicon Valley Toxics Coalition.

According to Smith, the Valley has — in addition to 20 Superfund

**'We have identified more problems than anywhere ...'**

— Gary Lynch,  
San Jose water quality

sites — 130 other toxic contamination sites, 600 leaking underground fuel tanks and more than 40 large well systems which have been contaminated with industrial chemicals.

Lorentz Barrel and Drum alone has been the subject of 88 enforcement actions from local and state agencies since 1968.

According to the health department report, the soil at the site is contaminated with a number of toxic substances, including cadmium, chromium, lead, organic solvents and polychlorinated biphenyls.

Selina Bendix, president of Bendix Environmental Research Inc. in San Francisco, writes about the reproductive ramifications of toxics in "Reproductive Hazards at Hazardous Waste Sites," an article presented at the Hazardous Materials Management Conference and Exhibition in Santa Clara in April.

In a 1985 EPA study of 818 contaminates sites, 485 toxic substances were found, Bendix stated.

"Of the 100 substances and groups of substances most commonly found, 25 have effects on the reproductive system or the fetus," she states. "Of these, equal numbers affect each sex (15 each). Some affect the reproductive system of both sexes (benzene, lead, PCBs), some affect only the male reproductive system (cadmium, copper), and some affect only the female reproductive system (toluene, beryllium)."

Although the picture looks grim, Gary Lynch, Water Quality/Toxics Program Manager for San Jose's Office of Environmental Management, thinks valley residents can look at it with a degree of optimism.

"One of the reasons we have more Superfund sites is that we are ahead of the rest of the nation in programs to monitor and detect problems," he said. "We have identified more problems than anywhere else and are actively doing something about them."

Lynch also thinks air pollution is a bigger problem than groundwater contamination in San Jose.

The EPA and local government representatives completed a three-year project in September, which identified the relative risks of groundwater and air



DAN SWEENEY — Special to In Depth '87

Lorentz Barrel and Drum Co. on 10th Street is one of 20 Superfund sites in the Silicon Valley

### Silicon Valley Superfund sites

1. Advanced Micro Devices ..... Palo Alto
2. Alviso ..... San Jose
3. Applied Materials ..... Santa Clara
4. Fairchild ..... San Jose
5. Fairchild ..... Mt. View
6. Hewlett-Packard ..... Palo Alto
7. Intel ..... Mt. View
8. Intel ..... Santa Clara
9. Intel (Magnetics) ..... Santa Clara
10. IBM ..... San Jose
11. Lorentz Barrel and Drum ..... San Jose
12. Moffett Field Naval Air Station ..... Mt. View
13. Monolithic Memories ..... Sunnyvale
14. National Semiconductor ..... Santa Clara
15. Raytheon ..... Mt. View
16. Signetics ..... Sunnyvale
17. Teledyne ..... Mt. View
18. Van Waters and Rogers ..... San Jose
19. Westinghouse ..... Sunnyvale
20. Zococon ..... East Palo Alto

Superfund sites are areas which the Environmental Protection agency has determined are contaminated with toxics and have a high priority to be cleaned up.

pollution in Santa Clara County and found that "the relative risk of air pollution is higher than that of groundwater contamination," he said.

Smith, however, said the EPA study used "a shotgun-approach" to get a "snapshot" of the toxic threat in the valley.

"I don't think it's a very good starting place to evaluate what's going on," he said. "You're much better off — rather than starting with some kind of extrapolation — to start with what we know about the environmental threat here."

"If you wanted to define the dirty dozen counties in the country, for instance, we are certainly in that elite group. I don't think you'd get much argument about that."

Smith thinks Santa Clara County residents should be concerned if toxic chemicals have been detected in minute amounts in their drinking water and spreads his gospel through the coalition.

Few question that many toxic chemicals pose a threat to humans by causing cancer, birth defects, immediate death and other problems, such as liver and kidney damage. But no one is absolutely certain how little of most toxic substances is required to produce adverse health effects in humans.

"Ninety or more percent" of the data used to

determine a dangerous level or "action level" of a chemical is based on animal studies, said David Spath, who heads the Chemical Standards and Technology Unit of the State Department of Health Services.

Action levels are "non-enforceable, advisory" guidelines created by the department to determine when a chemical is at an unsafe level in drinking water.

"Educated guesses, I suppose, is a way of putting it," Spath said. "Based on a standard convention and the best science that we know of right now."

Spath stresses that action levels are not absolute. The health department is not certain that chemicals found at action levels in drinking water will cause adverse health affects in humans.

It is "a difficult game" because scientists use extrapolations from laboratory experiments in which the animals are given large doses of toxic chemicals, he said. "But there is no other alternative given the limited number of (laboratory) animals which are available."

Toxicity data for humans is most often derived from studies of workers at their job sites.

The health department creates the levels by determining the most significant health risk of a chemical. The risk could vary from cancer, to a chronic disease to immediate death.

In animal studies, scientists first determine the dose at which a chemical is toxic. They then determine the maximum dose at which an animal shows no sign of disease when exposed to the chemical.

"You can use that data to derive an action level, usually throwing in a fairly sizable safety factor of about 100- or 1000-fold of the animal data," Spath said.

The health department's guidelines are based on the assumption that the average person weighs about 154 pounds and drinks about two quarts of water a day.

"If you've got a carcinogen, you've got to try to determine what the risk (level) is," Spath said. "We usually use a one-per-million (cancer) risk level."

That means that a chemical concentrated in drinking water at the action level would result in one additional cancer case per million people who weigh about 154 pounds and drink about two quarts of water a day over a lifetime.

Unlike Smith, who thinks "there is clearly more of a problem in (Santa Clara County) than in most places in the country," Spath is reluctant to point a finger at any specific county or state which he thinks has more problems which toxic contamination than any other.

"It depends on industrialization," he said. "Water quality problems have mostly been a problem related to historical industrialization."

"If you look at the East Coast — New Jersey for example — where they have had problems with groundwater contamination, it is the result of the industrial expansion of the New Jersey area."

"Everyone seems to have their share of the problems," he said. "I don't think you can necessarily focus on one industry."



## Environmental threats

# Asbestos holds hidden hazards

'Miracle Mineral' not so wonderful

By HERB MUKTARIAN,  
In Depth '87

It's been called the "Miracle Mineral." For more than two millennia, since the ancient Greeks first became aware of its inflammable properties, the fibrous substance has been thought a wonder material.

The amazing mineral? Asbestos.

The Romans wrapped their dead in asbestos cloth before cremation to catch the ashes.

In the 20th century, asbestos was sprayed wholesale onto steel-girdered building frames as an insulant and a fire retardant. Countless steam and hot water pipes were wrapped in asbestos-laden lagging.

Asbestos has found its way into cement, floor and ceiling tiles, automobile brake and clutch linings, roofing shingles and gaskets.

The almost-microscopic fibers can be woven into the fabric of pot holders and heat-resistant clothing. It was even used as an insulator in toasters, hair dryers and other household appliances.

But asbestos has found its way into something else — human bodies.

And by all accounts, asbestos fibers and human tissues are incompatible.

□ In recent years, the nation has watched as scientists probed the health hazard for schoolchildren exposed to asbestos particles.

Congress, through the Environmental Protection Agency, and various asbestos groups have led

the drive to eliminate asbestos from elementary, secondary and post-secondary schools.

SJSU has had its share of asbestos problems, too, discovering in 1985 that 28 campus buildings needed asbestos cleanup within a year. San Jose schools have also faced the asbestos menace, as have other districts nationwide.

But Dr. Linda Morse, chief of Santa Clara Valley Medical Center's Division of Occupational Health, said the real asbestos hazard is from prolonged industrial exposure.

Morse cited plumbers, carpenters, roofers and insulators as examples of the types of workers most likely to be exposed and later contract an asbestos-related disease.

"As far as low-level exposure is concerned, you, me and everybody else in San Jose has asbestos in their lungs," Morse said. "However, toxicology experts have no idea what that means in the long run."

"Asbestos takes anywhere from 10 to 50 years to show its effects. We have just not had enough experiences with low-level exposures to know what is going to happen. We may not see what those problems are for another 10 to 20 years."

Asbestos exposure levels in schools are not much different than that of ambient air, Morse said.

"But regardless, the stuff needs to be removed or encapsulated so that kids aren't exposed," Morse said. "The responsibility of the kids' parents is to work with school districts to get funding to



Daily file photo

**Asbestos removal requires this type of protective suit with a mask to prevent friable, or airborne, fibers from being breathed.**

make sure the stuff is cleaned up properly, without adding to the amount of asbestos already in the air.

"Yelling at the principal does no good. He didn't order the asbestos put there in the first place."

Most of the asbestos found in schools and other old buildings was applied during the past half century, when the material was generally considered safe.

Since asbestos can withstand temperatures to 500 degrees Celsius, it was an ideal fireproofing material and was used widely as a fire retardant. The EPA banned

that practice in 1973.

Asbestos was also sprayed on steel-framed buildings, mechanical systems and pipes as an insulant. It was applied to surfaces two ways, giving it either a fluffy or a concrete-like appearance.

Although research into the effects of the "Miracle Mineral" during the 1920s revealed that it was a potential killer and not the wonder everyone had believed, no one paid much attention and builders continued its wide use.

Some historians claim that asbestos manufacturers may have known about and ignored the substance's hazards as early as the 1930s.

Between 1900 and 1980,

roughly 30 million tons of asbestos was used in the United States, some studies estimate.

According to the U.S. Bureau of Mines, 800,000 tons of asbestos is used each year in the manufacture of various products. Slightly more than 250,000 tons is mined yearly within U.S. borders.

Some estimates suggest that as many as 75 percent of all homes built more than 50 years ago which employed steam heating systems, may have pipes wrapped in asbestos lagging. The EPA estimates that of all homes built before 1982, about 80 percent contain some asbestos.

Regardless of the figures, health care professionals realize that long-term exposure can translate into serious health problems.

□ According to Asbestos Victims of America, a support group for people suffering asbestos-related diseases, about 27 million American workers have experienced regular asbestos exposures since the 1940s. The group estimates that more than 676,000 Americans will contract asbestos-related lung cancer by the turn of the century.

Once asbestos fibers are inhaled into the lungs, these particles can cause asbestosis, a severe inflammation of the lungs caused by irritation, said Henry Robinson, SJSU biological sciences professor. These foreign fibers can also lead to lung cancer, and if carried into the heart, can cause heart disease, he said.

The fine fibers are so small — about one micron thick, a millionth of a millimeter — they pass right by the body's nose and throat filters. They lodge in the tiny sacs in the lungs, called alveoli, which control the exchange of gases to and from the rest of the body.

Whether or not asbestos is harmful depends on the level and length of exposure, Robinson said.

See ASBESTOS, page 16

## Food may be marinated with harmful chemical agents

By MARJ MARTIN,  
In Depth '87

As you take your first bite of Thanksgiving dinner next week, reflect on how far food production has come since the pilgrims produced their first meal in the New World.

Today, through scientific agricultural practices, Americans produce more food than we can use or sell. And yet all is not well. Underlying the good news is a growing fear that science has gone too far in its creation of chemical cures for food production problems.

As early as 1962, Rachel Carson stated in her book, "Silent Spring," that the earth's food chain was being irreparably damaged by the pesticide DDT.

Dichloro diphenyl trichloroethane, whose inventor received a Nobel Prize, was once considered the most important chemical discovery of this century.

But the pesticide has been banned since 1974 because evidence, first outlined by Carson, indicated that its active killing agent, a form of chlorinated hydrocarbon, could be stored for years in the tissues of living things.

ing things.

Researchers discovered that the world's most widely used pesticide could be passed along the food chain.

To keep up with an escalating population, "the need for a continuous increase in food production (became) the main factor in the development of agrichemicals," said Anna Fan, an environmental health professor at the University of California at Berkeley.

Although DDT has been banned, other chlorinated hydrocarbon pesticides are still used to control insects and help farmers grow huge crops.

"The excessive use of chemical fertilizers and pesticides coincided with an increase in certain kinds of cancers and birth defects only just noticed by the scientific community," Fan added.

As the nation approaches the 1990s, some chemicals invented to increase our food supply have been found to cause cancerous tumors, tissue deterioration and birth defects in both animals and humans. Chemicals that kill insects and noxious plants may also harm people.

Despite regulatory agencies' and pesticide manufacturers' claims of over-regulation, growing evidence of chemical damage to humans has motivated California lawmakers to increase regulation of agrichemicals.

But now the regulations themselves may be contributing to the proliferation of some kinds of carcinogenic residues, according to representatives of environmental groups such as the Sierra Club, March of Dimes and the Natural Resources Defense Council.

Adherence to the Federal Food, Drug and Cosmetic Act of 1954, may result in highly toxic pesticides and fertilizers remaining on the market while newer and less toxic replacements are held up by a lack of research capability within state and federal regulatory agencies, environmentalists contend.

The so-called "Delaney Clause" contained in the act requires new pesticides to have "zero" amounts of cancer causing chemicals.

See PESTICIDES, page 16

**'Excessive use of chemical fertilizers and pesticides coincided with an increase in certain kinds of cancers and birth defects only just noticed by the scientific community.'**

— Anna Fan,  
U.C. Berkeley professor

## Environmental threats

## Chemicals abound in food supply

PESTICIDES, from page 15

In California, a two-year Environmental Protection Agency study released earlier this year stated that carcinogenic pesticides registered before 1954 are still on the market because California's Department of Food and Agriculture has never had the facilities or the will to test them, according to an article in the Los Angeles Times in April.

Meanwhile, disclosure rules force pesticide manufacturers to list even minuscule amounts of such chemicals in new products requiring permits, effectively guaranteeing rejection of licensing requests.

Last year's EPA study named 28 licensed pesticides and 15 commonly eaten foods that carry the greatest risk for causing cancerous tumors in humans. Included on the list are most of the chemicals for which California tests have been delayed, such as Captan, Lindane, Parathion, Permethrin and Toxaphene.

Among the 15 foods are, in the order of stated risk: tomatoes, beef, potatoes, oranges, lettuce, apples, peaches, pork, wheat, soybeans, beans, carrots, chicken, corn and grapes.

"As of today, 80 percent of the needed birth defect, cancer, genetic mutation and other chronic health studies mandated by SB 951 are missing," says Karen Snyder, a research associate with the privately funded environmental safety group, Natural Resources Defense Council.

Some state officials, however, do not share environmentalists' fears. "We have a worldclass department here. Right now we are in the process of filling in a few gaps in SB 951 requirements," said Julio Calderone, media representative for the California State Department of Food and Agriculture.

Merlyn Warscher, a Monterey County agricultural investigator said he would have "no problem eating unwashed produce" from the fields he inspects.

"We tested about 1,500 samples of produce this year and only took action on four or five," Warscher said the department sometimes requires a farmer to plow under or destroy a contaminated crop.

Serious food contamination epidemics can also be attributed to such indirect causes as antibiotic-resistant salmonellae bacteria, said a spokesman for the federal Centers for Disease Control in Atlanta.

In California, there is little regulation of antibiotic feed additives. Growers believe antibiotics increase the size of food animals by preventing infections and reduces the time it takes to bring them to market size.

This belief has caused some illegal antibiotics such as chloramphenicol to be secretly fed to

**'Chemical use  
coincided with  
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cancers and  
birth  
defects . . .'**

— Anna Fan,  
environmental health  
professor, U.C. Berkeley

animals, according to a Washington Post article. Dairy cattle were once fed this drug in the hopes that it would increase milk production.

What increased instead was an antibiotic-resistant strain of salmonellae. The ensuing outbreak of food poisoning covered several California counties, the article stated.

All antibiotics create immune species of salmonella bacteria, which is the cause of food poisoning. An outbreak of antibiotic-resistant salmonella poisoning killed two adults in Los Angeles this spring, said Blake.

"When these people came down with salmonellosis, the usual antibiotics used to stem the tide were completely useless," Blake explained.

As early as 1977, the FDA tried to ban the use of antibiotics such as penicillin and tetracycline in animal feeds. Congress blocked the ban, after heavy lobbying from farm interests, Blake said.

"There are just as many people out there lobbying with farm dollars as there are those who are against additives and pesticides," said Linda Trelut, a supermarket marketing executive. Trelut said food producers feel over-regulation unnecessarily drives up prices by increasing producers costs.

Henry Voss, president of California Farm Bureau, said-farmers and meat producers have told him they are afraid environmental groups will force a ban on the very chemicals that made California the world's largest food producer. Curtailment of most or all agrichemicals and growth stimulators is not a realistic goal, Voss said.

"Farmers are afraid of pesticide residues," said Roger Bibb, deputy commissioner, Santa Clara County Department of Agriculture. "They know they could be forever blacklisted if illegal residues were found on their crops."

"Should Americans fear that danger lurks in their food supply?" asked John Silliker of Silliker Laboratories of Carson, California.

"The answer is a resounding 'Yes,'" he said.

## Material contains unseen dangers

Microscopic asbestos particles create lung diseases

ASBESTOS, from page 15

The body tries to wall off the particles by scarring, which reduces the lung area available for breathing, he said.

Asbestosis is an irreversible, progressive scarring of the lungs caused by asbestos fibers lodged in the lungs' lining, usually the result of long-term exposures. Asbestosis sufferers can experience shortness of breath, fatigue, back and chest pain.

Mesothelioma is a rare form of cancer which is caused almost exclusively by asbestos exposure and is quickly fatal.

There are two types of mesothelioma. One attacks the lining of the lungs and chest cavity, and the other affects the lining of the stomach.

Dr. Morse, at Valley Medical Center, said the incidence of mesothelioma is about one per million population, but is increasing. Actor Steve McQueen died of a heart attack after surgery to combat mesothelioma.

Asbestos-triggered lung cancers are the most common, resulting in the uncontrolled growth of cancer cells. Persistent coughing and chest pains can plague asbestos-related lung cancer victims.

According to the American Lung Association, asbestosis can take from 10 to 20 years to develop and lung cancers can crop up after 20 to 30 years. Mesothelioma can take 30 to 40 years to strike.

**'Environmentalists have  
really pushed to get  
asbestos work done in  
schools.'**

— Alicia Tenuta  
EPA spokeswoman

These three diseases are triggered by prolonged exposure to six naturally occurring mineral fibers collectively called asbestos, according to a 1977 International Agency for Research on Cancer study.

One of these materials, chrysotile or "white asbestos," is normally found in serpentine rock. The other five — actinolite, anthophyllite, tremolite, amosite or "brown asbestos," and crocidolite or "blue asbestos" — are found in amphiboles, which are groups of rock-forming minerals, the study states.

Serpentine belts, according to the survey, are found in every major mountain chain worldwide. Mineral veins are also frequently found in or near serpentine deposits, such as the gold imbedded in California's Mother Lode.

These six minerals readily separate into long flexible fibers suitable for use where an incombustible, non-conducting or chemically resistant material is needed.

Asbestos becomes hazardous when these fibrous particles become airborne.

Once inhaled or swallowed, fibers can move to almost any part of the body, remaining lodged indefinitely or permanently, said Robinson.

"If those particles are not being forced into the environment, then asbestos theoretically won't be a problem," Robinson said.

The EPA has recently moved to control asbestos exposure problems, announcing new federal regulations earlier this month which will require the nation's approximately 107,000 elementary and secondary schools to be inspected for asbestos within a year.

The problem is that the agency simply does not

have the money to help schools meet the new EPA regulations, said Alicia Tenuta, an EPA spokeswoman in Washington, D.C.

"We have a tricky problem because the (Reagan) administration maintains that asbestos removal is a state and local problem. As a result, we have no money at all," Tenuta said.

If the EPA receives any money at all, it goes to elementary and secondary schools in the form of grants and loans, but not to colleges, she said.

The EPA's 1982 Asbestos in Schools rule required schools to inspect for friable or crumbling asbestos, but failed to mandate cleanup, although many schools did so voluntarily.

Congress moved again in 1984, authorizing the Asbestos in Schools Hazard Act.

The newest legislation, the Asbestos Hazard Emergency Response Act, approved in 1986, states that schools and districts caught violating new regulations could face criminal or civil actions.

The new legislation is the most stringent of the three rules, Tenuta said.

"Environmentalists have really pushed to get asbestos work done in the schools," she said.

The nation's lawmakers also recently mandated that the EPA make its first study of commercial and federal buildings, designed to assess the asbestos situation outside schools, Tenuta said.

But the priority during the past few years, Tenuta said, has been the schools.

SJSU was forced to face its own asbestos problem two years ago when a high percentage of campus buildings were found to contain asbestos. Some is safely hidden away, sealed inside walls, but much needs attention, according to a 1985 asbestos survey of the California State University system by Baker Consultants of Los Angeles.

The university has completed the handful of cleanup projects that available money has allowed, said Peggy Asuncion, planning manager for SJSU Facilities Development and Operations.

Campus cleanup costs were anticipated to reach \$3.6 million across five years, with system-wide expenditures expected to top \$45.8 million, according to the report. More than half — 491 — of the CSU system's 973 buildings were found to have some level of potential hazard.

The report does state, however, that no air quality readings showed an asbestos particle level high enough to cause alarm.

Also, SJSU was investigated and cited by the California Occupational Safety and Health Administration in 1985 for numerous asbestos-related violations in the Women's Gym, the Science Building, the Old Cafeteria and Wahlquist Library South, after a group of SJSU employees filed a complaint with the safeguard agency.

The Baker report recommends three cleanup methods: encapsulation, enclosure and removal. Removal is the most expensive of the three options, but is the only method that entirely eliminates asbestos, according to Bay Area asbestos removal companies.

Asuncion said the university elected to first clean up buildings scheduled for construction work because no project is allowed to begin in an asbestos-laden structure.

"We'll see how much we can do this year," she said. "But it may not happen because of the costs. It will depend on the amount of money available from the CSU."

The university received \$710,000 in 1985-86, the first year any asbestos work was done in the system, she said.

Asuncion said the CSU has about \$6 million available this year for asbestos work at its 19 campuses. Of that, \$3.2 million will go toward backlog projects from the past two years, and \$2.8 million is planned for new work, she said.



Environmental threats

# Smokers under fire

## New legislation favors nonsmokers

By CRAIG QUINTANA,  
In Depth '87

Where there's smoke, there is likely to be fiery debate between smokers and nonsmokers over which way the wind blows in the 1980s.

As a result, smokers in up to 400 communities are finding it harder to light up under new smoking restrictions.

From Beverly Hills to Cambridge, Mass., increasingly militant nonsmokers, armed with medical opinions about the harmful effects of second-hand smoke, have successfully pushed for regulations against smoking publicly indoors and in the workplace.

Only a handful of the current restrictions existed a decade ago. The nonsmoker's concern for health, coupled with a groundswell of existing anti-smoking sentiment, has added fire to the no-smoke movement nationwide, observers said.

"Nobody worried about it in the 1960s and '70s," said Irving Rimer, vice president of the American Cancer Society, based in New York City. "Now there is substantial evidence that smoking can cause cancer in the nonsmoker. So the nonsmoker, because he is the one being injured, is calling for regulation."

Rimer credited two reports released last year with accelerating a movement that he said already had wide grass roots appeal.

In November 1986, The National Academy of Sciences released a study decrying the harmful effects of second-hand, or ambient, smoke on nonsmokers. Citing this study and others, U.S. Surgeon General C. Everett Koop urged Congress in December to adopt measures protecting nonsmokers.

"It is now clear that disease risk due to the inhalation of tobacco smoke is not limited to the individual who is smoking, but can extend into the air," he said in an annual report on smoking.



JAY DUNLAP — In Depth '87

### SJSU alumnus Rob Fanner enjoys a pipe in the Student Union

issue," institute spokesman Jim Goss said. "We're talking about a bother."

Nonetheless, the Senate passed legislation in October banning smoking on airline flights of 90 minutes or less. Congressional negotiators will have to reconcile it with an earlier House bill banning smoking on two-hour flights.

But by far the greatest legislative action has come on the local level, Rimer and others said. In many city councils, the reports' publicity sparked a flurry of anti-smoking legislation, they said.

and 13 states where regulations providing "significant" nonsmoker protection have passed, said Julia Carol, associate director of Americans for Nonsmokers Rights, the nation's largest nonsmokers' rights group with 30,000 members.

In California alone, 122 cities have smoking ordinances, according to the American Cancer Society.

The Tobacco Institute's figures differ. Nationally, 100 communities have adopted smoking ordinances with another 104 pending, spokesman Goss said. At the state level, 17 have passed some kind of smoking law while another 22 have rejected them, he said.

In Santa Clara County, Campbell is the only city without a smoking ordinance, said Terri Spice, spokeswoman for the county chapter of the American Cancer Society. The cancer society may mount a ballot initiative if the city doesn't adopt one within the coming year, Spice said.

"We've worked on it for a year and haven't made any progress," she said. "If they don't come back with something, we're going to try to go to the people."

In the cities like Campbell and Saratoga, which passed an ordinance in October, opposition came from the business community.

"The chamber of commerce will fight an ordinance wherever you propose it," Spice said.

Following a pattern repeated elsewhere, a coalition of chambers of commerce, restaurant groups and the tobacco interests went to court in New York state and Beverly Hills to protect "smokers' rights."

See RIGHTS, page 18

## Health risk high from second-hand smoke

By HERB MUKTARIAN,  
In Depth '87

Health specialists worldwide are investigating the connection between second-hand cigarette smoke and cancer rates in nonsmokers.

The U.S. Surgeon General, C. Everett Koop, has already called for a smoking ban in public places, and has cautioned parents to refrain from lighting up around their children.

But Jim Goss, spokesman for the Tobacco Institute, a group representing the tobacco industry, said studies linking second-hand or passive smoke to health problems are inconclusive.

Scientists and health professionals for decades have researched the link between cigarette smoking and lung diseases.

But now the studies have taken a new tack, and early conclusions indicate that nonsmokers also face increased health risks from tobacco smoke.

However, the Tobacco Institute interprets Koop's report, released in December, to state that there is no sign of health risk to nonsmokers from second-hand smoke, Goss said.

"But what the surgeon general says in his report and what he says publicly are two different things," Goss said.

Koop, in a speech that same month, called for a "smoke-free society" by the turn of the century, and said evidence linking second-hand smoke to health problems was clear.

Government epidemiologists have, according to Koop's report, positively linked passive smokers to higher lung cancer rates, versus those who are not exposed to secondary smoke.

Breathing second-hand smoke from the lighted end of a cigarette can also contribute to incidences of bronchitis and pneumonia, with the most frequent ailments being eye, nose and throat irritation, Koop said.

This smoke, Koop said, is essentially identical to that inhaled into a smoker's lungs.

Americans for Nonsmokers Rights claims that the smoke from the end of a lit cigarette — containing 4,600 toxic chemicals, including cyanide, arsenic, formaldehyde, carbon monoxide and ammonia — can be worse than that inhaled by the smoker, which is sucked through a filter and burned more thoroughly.

Tobacco companies have worked on developing "smokeless" cigarettes, where many of the substances in tobacco smoke are eliminated. But the American Lung Association estimates these "smokeless" cigarettes would be no less hazardous.

An Environmental Protection Agency study suggests that as many as 5,000 people die yearly from environmental smoke-induced cancers and other diseases.

While the Tobacco Institute attacked Koop's report as lacking scientific evidence, Koop said that 11 of 13 studies probing the effects of second-hand smoke back his findings.

"Critics often say that more research is required, that certain studies are flawed or that we should delay action until more conclusive proof is produced," Koop said in December. "It is my judgement that the time for delay is past. Measures to protect the public health are required now."

Britain's health minister, Edwina Currie, See KOOP, page 18

**'The nonsmoker, because he is the one being injured, is calling for regulation.'**

— Irving Rimer,  
American Cancer Society

**'We're not talking about a serious issue. We're talking about a bother.'**

— Jim Goss,  
Tobacco Institute spokesman

"The time for delays is past and measures to protect the public health are required now."

A study by the Environmental Protection Agency estimated that between 500 and 5,000 people die annually as a direct consequence of breathing second-hand smoke.

The Tobacco Institute, a powerful industry lobby, has denied that either smoking or second-hand smoke contributes to disease. The institute contends regulation is unwarranted.

"We're not talking about a serious

"There have been so many ordinances lately, we can't even begin to keep up with them, let alone count them," said Pat Healy, spokeswoman for the Office of Smoking Policy and Health of the federal Centers for Disease Control in Maryland.

"We're seeing an awareness in the nonsmoking public of their rights and what they can do to protect themselves," she said. "Smokers actually don't have rights."

Smokers have lost some of their smoking rights in 400 municipalities

## Environmental threats

# Smoking limited under new ordinances

RIGHTS, from page 17

"The smoker's right to puff ends with the non-smoker's nose," said Steven B. Steinhardt, an associate counsel for the New York State Department of Health. Steinhardt, as the chief architect of a strong smoking regulation, created a showdown in his state.

In March, New York was poised to adopt the strongest statewide smoking regulation in the nation, confining smoking to designated areas in public, in the workplace and in restaurants seating 50 or more. Smaller eateries would be smokeless.

The pro-smoke coalition charged that a state agency had supplanted the authority of the Legislature, which had rejected 40 previous smoking measures. After two losses, the agency took the case to the highest appeal court in October and a decision is expected in mid-December.

"If we're successful here, other states may want to look at this law," Steinhardt said.

The Beverly Hills challenge failed.

Tobacco interests are waging a vigorous fight in New York because losing there could send a message to other states, Steinhardt said. Until now, the movement has taken place on the local level with little industry opposition, he said.

"Part of the reason the battle's being won at the local level is that the Tobacco Institute cannot take 5,000 municipalities to court," he said.

Although the institute and restaurateurs are fighting the more publicized measures, many small cities and counties have adopted ordinances with little or no outside opposition.

Cambridge adopted a tough measure in March that banned

lighting up in indoor public places, restaurants and enclosed places where nonsmoking accommodations were unavailable. The ordinance met little opposition.

"You've got to realize that the time has come," said Maura Smith, executive assistant to the Cambridge city manager. "The smokers realize that they are in a minority, doing something that is no longer socially acceptable, and they know that they must take

public fed up with regulation.

"We do not deny that some people are irritated. Smoke bothers them, but it's not something that you have to have a law against," Goss said.

As an example, Goss cited Beverly Hills, where the City Council modified its total ban against smoking in restaurants. The Beverly Hills Restaurant Association, a group formed to fight the ordinance, claimed business

Thomas C. Schelling, of Harvard University's Institute for the Study of Smoking Behavior and Policy.

Schelling predicted that more cities will adopt no-smoke measures as the body of evidence increases about the threat of second-hand smoke. The movement will snowball through the next decade, he said.

"It may take a while, but, by and large, you're going to see

Eighty-seven percent of the respondents to a 1986 Gallup Poll — including 80 percent of the smokers — said they favored restrictions or a ban on smoking in the workplace.

In a survey conducted last year by the Bureau for National Affairs, nearly 50 percent of the businesses responded that smoking policies have been instituted over the past five years. Another 21 percent of the respondents are considering policies, according to the survey.

"It's the cost assessment and the legal aspect that causes employers to adopt policies," she said. "Overall, companies are realizing it costs \$4,000 to \$5,000 extra to hire a smoker."

With cities passing smoking restrictions, employers forming new policies and public opinion seemingly in favor of restricting smoking, no-smoke advocates gleefully predict an end to public smoking — possibly in line with Koop's call for a smoke-free society by the year 2000.

"What we'll see in the next few years is a total ban on smoking in public," said Spice, the cancer society's spokeswoman.

If the city of Del Mar is any indication, it may take a bit longer. The seaside San Diego County town of 4,500 rejected a Nov. 3 proposal to ban smoking in all publicly owned places, dousing the hopes of no-smoke advocates to see the toughest regulation in the nation.

But Spice, noting the dearth of ordinances a decade ago, said it is only a matter of time before the 70 percent of the population that doesn't smoke gets fed up for good.

"We had to fight smoking indoors first or we wouldn't get anywhere," she said.

## SJSU Smoking Policy

Like Rodney Dangerfield, the campus smoking policy gets little respect — much less recognition.

"I'm afraid it's sometimes more honored in the breach (than in the observance)," said retired faculty member Robert Wilson, who helped mold the policy as an academic senator in 1983.

The current policy is the latest in a long line that SJSU students, staff and faculty have ignored, Wilson said. Since the 1960s, the school has had a succession of policies as nebulous as the smoke they purported to regulate. The university instituted the current policy to conform with a state mandate giving preference to nonsmokers. Outside of designated areas, the current policy states smoking shall be prohibited in SJSU facilities except in

private offices or in areas where the occupants agree on smoking.

When disputes arise, the policy provides for mediation but no enforcement methods.

"We knew enforcement would be a problem because we didn't put any teeth in it," Wilson said.

But incidents have been few, said Ron Montgomery, university director of health and safety.

Montgomery said most smokers, independent of whether they know of the policy, respect the rights of nonsmokers. But only extreme instances would come to his attention, he said. While he feels compliance is fairly good, he admits it is difficult to know.

their lumps."

Others, citing dozens of other cities considering ordinances, agree.

"The movement is there," Steinhardt said. "There are a number of states, a group of about 12, with clean air laws and places like California with ordinances at the local level. I think the writing's on the wall."

Goss, the Tobacco Institute spokesman, reads it differently. He charged that local governments are overlegislating, shunting unneeded ordinances on a

was off 30 percent and customers were going to Los Angeles.

After the legal challenge died, a compromise was reached where the restaurateurs agreed to wall off smoking sections and install separate ventilation systems.

Goss reads it as a victory for smokers. Carol, the smoking rights lobbyist, said the city's law is still one of the toughest, adding the businesses are taking the brunt of the compromise.

More cities will consider regulations as nonsmoker's assert their new-found militancy, said

smoking disappear in public places," he said.

But the movement against smoking is not limited to cities regulating smoking inside public places.

Increasingly, the workplace is becoming smoke-free, as businesses adopt restrictive smoking policies to comply with new laws, to please nonsmoking workers and cut costs, said Jennifer Pepino, assistant director of the Seattle-based Smoking Policy Institute, a non-profit organization that helps businesses form smoking policies.

# Specialists call for public smoking bans

KOOP, from page 17

has also acknowledged the connection between second-hand smoke and a higher rate of health problems. The British health ministry's Independent Scientific Committee on Smoking and Health has also found a 10 to 30 percent increase in lung cancer probabilities for passive smokers.

Environmental smoke also has an adverse effect on lung and heart disease victims, according to Americans for Nonsmokers Rights.

Coronary artery disease victims, for example, who are exposed to second-hand smoke are likely to experience angina pectoris — a symptom where the heart receives inadequate oxygen supplies — after shorter exercise periods than they would if they were breathing clean air, states ANR.

"We are trying to protect the right of nonsmokers to breathe clean air," said Julia Carol, ANR's associate director. "We are working toward the surgeon general's goal of a 'smoke-free' society by the year 2000."

Many businesses, even in cities where there are no governing ordinances, have chosen to create their own smoke-free

areas. Airlines and bus lines for years have delineated where passengers may smoke and where it is forbidden.

The Tobacco Institute does not endorse these restrictions, especially if they are based on the premise that second-hand smoke is a health risk, said Goss, of the Tobacco Institute.

"We do, though, support the right of a business to make that decision for itself," he said. "However, we caution these businesses to do it based on nuisance . . . because of the smell and not because of any health risk."

"We can understand why some people don't like the smoke. It irritates their eyes or their nose. It's no secret."

The Tobacco Institute wants to make sure both smokers and nonsmokers are "afforded reasonable accommodations," Goss said. He added that some working environments — hospitals, pharmaceutical companies and petroleum refineries — do require a smoking ban for obvious reasons.

The Tobacco Institute lobbies against any government restrictions telling private businesses what to do, Goss said.

But the surgeon general's call for an

immediate ban on smoking in public places has spurred a flurry of no-smoking legislation.

In Washington, the House approved a smoking ban on commercial airline flights lasting less than two hours, which will have to be compromised with a Senate bill for flights less than 90 minutes. A comprehensive smoking ordinance is before the Chicago City Council, and a California law banning smoking on all public transportation within state borders is on Gov. George Deukmejian's desk.

Many states and the nation's capital have banned smoking in public places such as schools, public transportation and elevators.

The elimination of smoke entirely from an environment is the only sure way to protect the health of nonsmokers, Surgeon General Koop said.

"Simple separation of smokers from nonsmokers within the same air space may reduce, but not eliminate, the exposure of nonsmokers to environmental tobacco smoke," Koop said.

Koop also recommended that parents refrain from smoking around their children.

The incidence of infants less than two years old admitted to hospitals with respiratory troubles is higher among those exposed regularly to tobacco smoke.

A National Academy of Sciences report, appearing in the November 1986 *New Scientist*, also links smoke from parents' cigarettes to a higher frequency of respiratory problems and slower lung function development in toddlers.

The academy's study indicates the increased risk may reach as much as 80 percent, depending on the number of smokers living in the child's home. In addition to increased risks for bronchitis and pneumonia, these children are more likely to suffer from simple coughing and wheezing, the study states.

Joe Tye, director of San Jose-based Stop Teen-age Addiction to Tobacco, said most studies indicate that children living in homes where someone regularly smokes are more susceptible to colds, bronchitis and suffer a small, but measurable, drop in pulmonary functions.

The same children are less likely to participate in or excel at athletics, Tye said.





JAY DUNLAP — In Depth '87

Some students use a variety of substances to escape

## War against drugs has its casualties

By LIBBI JOROFF,  
In Depth '87

Judge Douglas Ginsburg withdrew his name from the Supreme Court hat this month after admitting that he had smoked marijuana while in college and as a Harvard University professor. "It was wrong and I regret it," Ginsburg said.

Although a Gallup Poll showed that the majority of the people asked did not think Ginsburg's drug history should disqualify him, there was enough outcry to force his hand.

"The country is in the midst of an active campaign against drug abuse, so a Supreme Court justice who had used pot would have been a definite liability to the president's 'war against drugs,'" said Nancy Hansen, founder of Breaking Free, a San Francisco-based drug rehabilitation support center.

But the United States' drug abuse problem is not a new one, according to Hansen. "We have been a nation of drug abusers for at least all of this century," she said.

Dr. David Musto, a Yale University professor, dubbed the nation's recurring experimentation with drug abuse "The American Disease" and authored a book of the same name in 1981 on the history of drug abuse.

"There are certain areas of life in which there is perhaps no progress over hundreds of years," Musto said in a Los Angeles Times interview.

In the late 19th century, opium extracts mixed with alcohol were sold as common remedies for all sorts of ailments. Complaints ranging from the common cold to Victorian lady's melancholy were treated with medicinal opiates, according to H. Wayne Morgan, a University of Oklahoma history professor.

Cocaine was also an accepted treatment at that time. Reports of the work of Sigmund Freud and other European experts, who

praised it as an anesthetic and stimulant, prompted pharmaceutical houses to offer cocaine at premium prices, according to Morgan.

In the '60s, hallucinogens such as lysergic acid diethylamide (LSD) found favor among the nation's youth. Former Harvard instructor Timothy Leary experimented with LSD, Morgan said, and encouraged his students and the youth of America to "tune in, turn on, and drop out," ushering in the "new" drug culture.

Nancy Hansen began working with drug users during the '60s in San Francisco's Haight-Ashbury district.

"Drugs, especially acid (LSD) offered a new reality for them — one in which they, not their parents or government — made the decisions," she said.

The 1970s ushered in the resurgence of cocaine use. It was the end of "flower power" and the beginning of the "me generation." Cocaine "suited the fast tastes and expensive lifestyles of the young adults of the decade," Hansen said. "It's continued and grown in the '80s. Yuppies and cocaine are often synonymous in drug treatment groups."

A recent study conducted by the National Institute on Drug Abuse revealed that cocaine use is most prevalent among 25- to 35-year-olds, the age most often associated with so-called young urban professionals.

Today, with the advent of "crack," a less expensive, more powerful derivative of cocaine, and the creation of "designer" drugs, which are simply molecularly altered clones of previously outlawed substances such as heroin, drug abuse has spread throughout the social and economic strata, according to Hansen.

"It's not a new problem," Hansen said, "but it really is a big problem. We have to do something in order to curb the expansion and turn our drug abuse situation into an old problem."

# Drugs Bottoms up

## Alcohol is recreation in SJSU's dorms; students say drinking relieves tension

By VEDA ANDERSON,  
In Depth '87

Dozens of students pass from room to room, laughing, talking and indulging in alcohol. Each room offers a different intoxicating beverage, and the party comes alive as students commune with the spirits.

"The object is to get drunk," said Terance, a 20-year-old San Jose State University student who, like others in the story, did not want his last name used.

"They say I was wasted last night," he added. Terance lives in one of the seven dormitories on campus, where progressive parties or room exchanges are not uncommon. His room was one of six that provided alcohol for the party.

"About 15 people were in my room at one time," he said. "Seeing everybody wasted is the fun part."

According to most students, a party isn't a party without alcohol.

"People say there's going to be two kegs there, so it should be a good party," said Erin, a 20-year-old dorm student.

Erin said she drinks four or five times a week and gets drunk once or twice every two weeks. She said she spends about \$15 to \$20 a week on alcohol.

"I think the reason why a lot of people drink, especially in the dorms, is because it is so boring," she added.

Erin said she drinks because it is fun and she likes the taste.

"You're more relaxed and things seem a lot more funny to you," she added.

According to many students, they also drink to relieve stress.

"You have a lot of pressure and stress you want to get rid of," said Sue, an 18-year-old dorm student. "You want to forget about a bad week so you drink."

Her friends nodded in agreement.

"Students drink because it is fun and social," Erin said. "I haven't seen it cause any huge problems or serious fights."

But according to Willie Brown, SJSU housing director, student drinking has created noise problems and property damages.

The residence halls now offer an alcohol awareness class to students who have violated the alcohol policy.

The policy states that "no possession, transport or consumption of alcoholic beverages will be allowed in public or common areas by any person, regardless of age. If it can be seen, smelled or heard, it is public and visible."

Brown said the alcohol awareness class exposes students to serious thoughts about their drinking habits.

The class was first held in the fall of 1986. About 60 students attended, Brown said.

Student drinking behavior has changed, according to Brown, who has worked in student housing since 1975.

"Now people have already established drinking patterns when they come to the university," he said.

Brown said there also used to be a lot more self-policing.

"The biggest impact (on drinkers) is for someone's peers to say, 'you really looked stupid the other day,'" he said.

Brown said society reflects the change in student drinking behavior.

"We still promote that alcohol is OK and drugs are a no-no."

While society seems to accept alcohol, a crackdown on alcohol abuse has occurred over the past five to 10 years, according to SJSU Health Educator Oscar Battle.

Groups such as Mothers Against Drunk Driving

and Students Against Drunk Driving have called society's attention to the tragedies alcohol abuse can cause.

Now people can get their licenses revoked or be jailed or imprisoned if found guilty of drunken driving, Battle said.

Eighty-five to 90 percent of college students drink, compared to 70 percent of the general population, according to a 1977 study by the National Institute of Alcohol Abuse and Alcoholism.

Battle said students often overindulge because they don't know their drinking limits.

"Most students don't know they are drinking too much until it's called to their attention by somebody or something else . . . sometimes it could be devastating because that limit could cause you to be in an accident."

According to the California Department of Alcohol and Drug Abuse, 90 percent of the people involved in alcohol-related automobile accidents are college age.

Three of the first five students interviewed admitted that they have driven while intoxicated.

David, 19, said he will never drive drunk again.

**'You have a lot of pressure and stress you want to get rid of. You want to forget about a bad week so you drink.'**

—Sue  
18-year-old dorm student

"I don't remember half the trip home," he said. "I was drunk, and I had to get back. I was not that bad, but I should not have been driving."

Excessive drinking has also kept university police busy at football games. Nine out of 10 trouble situations at football games have involved alcohol, said former University Police Chief Lew Schatz.

After several fights and the death of a San Jose resident who was running to his car to get beer at the Stanford vs. SJSU football game on Sept. 26, Stanford officials said they would review their policy on allowing beer into the stands.

A representative from the Santa Clara coroner's office said Matthew Carlyle died of an "acute cardiac arrest, cause undetermined."

Lawrence Fan, SJSU sports information director, said cans or bottles are not allowed into Spartan Stadium. Beer is sold at the stadium's concession stands to people 21 or older, Fan said.

Many groups have formed because to curb irresponsible college drinking. One such group is BACCHUS (Boost Alcohol Consciousness Concerning the Health of College Students).

Students at the University of Florida started the first BACCHUS chapter in 1976. There are now 285 chapters nationwide, said Drew Hunter, executive director of the group. According to Hunter, the group is not anti-alcohol but pro-responsibility.

The group focuses on curbing drunken driving and de-emphasizing alcohol consumption at parties.

"The perceptions would be to come for a socializing event and not just to get wasted, Hunter said."

BACCHUS defines problem drinkers as "persons experiencing negative behavioral consequences resulting from alcohol use."

According to a 1981 brochure published by BACCHUS, 10 to 15 percent of students it surveyed at various universities around the country were con-

See DRINKING, page 20

## Drugs

## Recovering substance abusers contend saying 'no' is not the key

By MARJ MARTIN,  
In Depth '87

"Society thinks that people who have stopped abusing drugs are OK, but the reasons for doing drugs are still there," said John Falon, a recovering addict and certified counselor at a local outpatient clinic. "There is a big difference between recovery and not taking anything. It's not as easy as 'Just say no.'"

The war on drugs is not a media campaign, Falon said.

"It is in the mind of the abuser," he said.

One of the many problems with most abusers is that they don't seek treatment, he said; 90 percent of drug rehabilitation program members have been placed there by the criminal justice system.

Almost all of us "are involved with the criminal justice system when we choose recovery," Falon said. "That's the hook. We come to recovery as a condition of parole or probation."

James, 23, has been in treatment for 95 days. Like others in this story, he asked not to have his last name used.

"I had to choose between five years in prison and getting drug counseling for six months. It was no contest."

Drug and alcohol abusers get in trouble with the law because they don't have the coping skills that non-abusers do. Once they have found a solution in a mind-numbing addiction, "they will do anything necessary to remain in comfortable oblivion," Falon said.

Drug abuse is also a problem for some university students.

Delphina Sabogal-Tori, a counselor with the SJSU Student Services Division said that two out of 10 people she sees in counseling are there because of drug or alcohol abuse.

"The problem is not just in the dorms, or in the sororities and fraternities, it's the student body in general which has a problem .... Flunking out is what brings people into counseling," Sabogal-Tori said.

"My folks wanted me to succeed and so did I," Conrad, 44, said. "I went for my master's degree at San Jose State while I was hooked on heroin, ...but I never finished."

Conrad, who had studied to be a psychologist while addicted, is now a respected member of the social service community. He counsels troubled children who he hopes will never go through what he experienced.

If a child's life has gone from bad to worse by the time he gets to junior high school, and he doesn't know what to do about it, he's going to accept some scary solutions and some bad role

models, Conrad said.

"The dynamics of addiction are set up before you even take drugs," Falon said. "as children, (abusers) react differently from others ... feelings of inadequacy keep welling up and you're ready for an easy solution."

Ascencion, who started using PCP when she was 17, said the most important thing she remembers about her childhood is feeling "less than" everyone else.

The length of an addict's recovery seems to be determined by how well counseling can improve their coping mechanism and self-esteem.

"Before I went to CAPS (Combined Addicts and Professionals Services, Inc.), I was a 31-year-old with 12-year-old coping skills," Falon said.

The difficulty with recovery is evidenced by the more than 60 percent drop-out rate, statewide, said Ed McMurray, director of Bay Area Drug Hotline.

"But much more is known today about relapse," he said. "Relapsing people have at least a 50 percent chance of making it the next time" they try to kick their habit if they have learned to recognize the warning signs.

Although all of these addicts were given their choice of mental health programs or jail, they were free to choose the counseling that appealed to them personally.

Because most had lost "everything" and were on welfare, another deciding factor was the cost of the programs, some of which are paid for by state agencies.

Private hospitals, residential homes and outpatient clinics are also funded by private insurance payments and cash donations from patients or their families.

Most have a sliding scale, according to McMurray. The Hotline, like other local counseling services, maintains a residential care home, an outpatient clinic and a 24-hour "help" telephone.

Falon said most standard counseling services enlist the help of Alcoholics Anonymous' program, which brings out all phases of the self-deception that allowed a person to become an addict in the first place.

According to Alcoholics Anonymous, there are three barriers to recovery, physical addiction, self-deception and emotional confusion. Conrad mentions one more, heredity.

"The American Medical Association accepts the idea that alcoholism can be genetically transmitted," he said. "There is some evidence that addiction is a hereditary disease. An addict has to have an ongoing support to survive. .... You have to stay away from your old friends because it's very easy to slip back."

## Alcohol abundant at student parties

DRINKING, from page 19

sidered to be problem drinkers and 30 to 45 percent said in the previous year they had driven after having several drinks.

Alcohol abuse is serious among college students, and SJSU has not consciously taken the time to examine the problem, Battle said.

Besides the resident halls' alcohol class, the counseling department offers assistance to students and provides space on or near campus for an Alcoholics Anonymous group and an Al-Anon group, for people concerned about other's use of alcohol.

Health services also offers information and counseling.

Battle said students must develop adequate problem-solving skills to avoid future alcohol problems.

"Students who use alcohol seem to think they are only displaying temporary behavior," he

**'Students who use alcohol seem to think they are only displaying temporary behavior.'**

— Oscar Battle,  
health educator

said "They say when school is over, they will not have this much stress in their lives and they will change. They don't realize many times stress becomes more intensified after graduation."

## Legal drugs: Are they safe?

### Media attention raises concerns

By DARRIN EDWARD BAKER,  
In Depth '87

Last month, a 15-year-old high school athlete was killed and three more were injured, one seriously, when a driver careened off Ocala Avenue in San Jose and ran into them.

Also last month, a 74-year-old man was killed and five other people were injured when a driver went through Japantown's Peace Plaza in San Francisco.

Both drivers were under the influence of drugs when these accidents occurred. What may be surprising is that they were under the influence of prescription drugs.

With all the national emphasis placed on "just saying no" to illegal street drugs like marijuana and cocaine, prescription drugs are possibly being overlooked.

According to a study published earlier this year by Life Skills Education Inc., a Massachusetts research company, 15 of the 20 most abused drugs in this country are prescription as opposed to illegal street drugs. The study also said that in recent years, 75 percent of deaths due to drug overdose were caused by the abuse or misuse of prescription drugs.

In a 1986 Drug Enforcement Agency report, Dr. Robert Buzzeo, deputy director of the Office of Diversion Control, said 53 percent of all drug-related emergency room cases involved prescription drugs.

Dr. Robert Latta, SJSU Student Health Services associate director, said that although prescription drugs can be dangerous, the benefits outweigh the risks. "Morphine can actually save a life," Latta said. "In cases like acute pulmonary edema (severe lung congestion), it actually decreases the congestion."

Latta also said that most prescription drugs are not addictive.

"There are a large variety of drugs available," he said. "Tranquilizers and sedatives are the ones that are psychoactive (affecting the mind or behavior)."

Since there is such a large number of prescription medicines available, Latta suspects there are probably a greater percentage of prescribed patients now than there were 10 or 20 years ago, although he did not have concrete evidence.

The most commonly abused drugs, according to the Life Skills report, are narcotics (drugs containing morphine or codeine), depressants (sleeping pills and tranquilizers) and stimulants (amphetamines or "speed"). Valium, a depressant, tops the list in both prescription and abuse, the report said.

**'The most commonly abused drugs are narcotics, depressants and stimulants.'**

— Life Skills

How do people become addicted to their prescribed medication, or any drug for that matter?

In the opinion of most doctors, there are two types of addiction: physical and psychological.

Physical addiction refers to the body's need for the drug. Certain drugs, like narcotics and barbiturates, alter the body's physical system so the body needs the drug to function. If the drug is withdrawn, the user experiences symptoms such as tremors, vomiting and seizures.

Psychological addiction refers to the user's belief he will not be able to cope with the stress of everyday activities without the drug. Most habit-forming drugs have the potential for both physical and psychological addiction.

Buzzeo said other factors can be responsible for prescription drug addiction.

One reason is addicts of illegal drugs use prescription medicine to counteract side effects and withdrawal symptoms of their previous addiction and eventually get hooked on the prescription. Another reason is drug addicts often switch to prescription drugs because of purity and drug testing.

"If a person tests positive for something on a urinalysis, all he has to do is show his prescription and he is usually excused," Buzzeo said.

Buzzeo also said some doctors will overprescribe medication, while some sell medicine on the black market.

What, then, can be done to curb prescription drug addiction?

According to a 1982 Federal Drug Administration consumer survey, nearly 70 percent of those on prescriptions said their doctors did not inform them about precautions and side effects.

Latta said patients should educate themselves about their medication.

"Don't be afraid to ask questions," he said. "Ask your doctor what it is you are taking, what it's supposed to do, and how long you're supposed to take it. Many people don't, and that's a big problem."



# Mind & body

## A Test of Stress



To tabulate the amount of stress in your life, indicate in the first column how many times during the past year each of the following events has happened to you. Multiply that number by its weight then write that number in the second column. Total the numbers in the second column for your final score and see the end of the questionnaire to learn what it means.

1. Entered college .....	X 50 =
2. Married .....	X 77 =
3. Had more or less trouble with boss .....	X 38 =
4. Held job while attending school .....	X 43 =
5. Experienced death of spouse .....	X 87 =
6. Experienced major change in sleeping habits .....	X 34 =
7. Experienced death of family member .....	X 77 =
8. Experienced major change in eating habits .....	X 30 =
9. Changed or chose major field or study .....	X 41 =
10. Revised personal habits (friends, dress, manners, associations) .....	X 45 =
11. Experienced death of close friend .....	X 68 =
12. Found guilty of minor violations of the law .....	X 22 =
13. Had outstanding personal achievement .....	X 40 =
14. Experienced pregnancy or fathered pregnancy .....	X 68 =
15. Had major change in health or behavior of family member .....	X 56 =
16. Had sexual difficulties .....	X 58 =
17. Had trouble with in-laws .....	X 42 =
18. Had major change in number of family get-togethers .....	X 26 =
19. Had major change in financial state .....	X 53 =
20. Gained new family member (through birth, adoption or older person moving in) .....	X 50 =
21. Changed residence or living conditions .....	X 42 =
22. Had major conflict in or change in values .....	X 50 =
23. Had major change in church activities .....	X 36 =
24. Had marital reconciliation .....	X 58 =
25. Fired from work .....	X 62 =
26. Were divorced .....	X 76 =
27. Changed to different line of work .....	X 50 =
28. Had major change in number of arguments with spouse .....	X 50 =
29. Had major change in responsibilities at work (demotion, promotion or transfer) .....	X 47 =
30. Had spouse begin or cease work outside home .....	X 41 =
31. Had marital separation .....	X 74 =
32. Had major change in type of and amount of recreation .....	X 37 =
33. Had major change in use of drugs .....	X 52 =
34. Took mortgage or loan less than \$10,000 .....	X 52 =
35. Had major personal injury or illness .....	X 65 =
36. Had major change in use of alcohol .....	X 46 =
37. Had major change in social activities .....	X 43 =
38. Had major change in amount of participation in school activities .....	X 38 =
39. Had major change in amount of independence and responsibility .....	X 49 =
40. Took trip or vacation .....	X 33 =
41. Were engaged to be married .....	X 54 =
42. Changed to new school .....	X 50 =
43. Changed dating habits .....	X 41 =
44. Had trouble with school .....	X 44 =
45. Broke up marital engagement or steady relationship .....	X 60 =
46. Had major change in self-awareness .....	X 57 =
Total score .....	

According to Roger Allen, an associate professor of stress management at the University of Maryland, the following scores indicate a person's risk of getting sick enough to seek medical attention within one year after taking the test.

- 0 to 499 — a 30 percent risk.
- 500 to 999 — a 52 percent risk.
- 1,000 and up — an 80 percent risk.

Gail Anderson: 1972 Master's thesis, North Dakota State University.



JAY DUNLAP — In Depth '87

Theodore Steiner, a San Francisco State University psychology professor, monitors a plethysmograph while Rock Woo, a senior in engineering, tries to relax. The plethysmograph measures peripheral blood volume in the fingertips during biofeedback.

## Students failing stress test

By LARRY ARAGON,  
In Depth '87

College students' stress levels may be on the rise, according to a study at the University of Maryland.

Roger Allen, an associate professor of stress management at UM and author of three books about stress, said since he began to research UM students' stress levels in 1979 their scores on a stress test have increased by 39 percent.

About 500 UM students each semester take the test called the College Schedule of Recent Experience. It was developed by Gail Anderson in 1972 as part of her master's thesis at North Dakota State University.

Students are asked to go through a list of 43 stressful events, each with an assigned value, and mark those which have happened to them in the past year.

According to Allen, those who score from 0 to 499 have experienced a "mild" number of stressors and run a 30 percent risk of getting sick enough to seek medical attention within one year after taking the test.

A score of 500 to 999 indicates a "moderate" number of stressors and a 52 percent risk, and a score of 1,000 or above indicates an "excessive" number of stressors and an 80 percent risk, he said.

Allen determined the risk factors by correlating Anderson's scale with "The Social Readjustment Rating Scale" created by T. H. Holmes and R.H. Rahe in 1967.

Holmes and Rahe arrived at risks for illnesses by studying people for one year after they took the SRRC. They defined illness as either a psychological ailment such as insomnia or a physical ailment such as an ulcer, Allen said.

The average score of UM students on Anderson's test in 1979 was 690. This year the average

score was 960.

Allen noted that over the last nine years, UM students also have shown a 25 percent increase in anxiety levels and a 23 percent increase in their number of stress-related physical symptoms, such as headaches and muscle tension.

"I don't have any reason to believe that Maryland is worse than other places," Allen said. "I think (the study's conclusion) is probably pretty universal right now."

Prof. David Furst, who teaches stress manage-

ment at SJSU, said although he is not familiar with the UM study, "It sounds like what (Allen) has found is correct . . . Stress levels do seem to be going up in general."

"There is no reason to think that

Maryland would be any different than Stanford, San Jose State or anywhere else."

However, Furst does not believe that because a person has experienced a number of major changes in his or her life that it necessarily follows that the person will be overwhelmed by stress and become ill.

"It depends on your interpretation of that situation and the social support system you have," he said.

Furst's focus on a person's reaction to a stressor rather than the stressor itself reflects what some have called a growing trend of psychologists and doctors to stray from the view promoted by Hans Selye, one of the first people to study stress.

Selye defined stress in the "Journal of Clinical Endocrinology" in 1946 as "the nonspecific response of the body to any demand made upon it to adapt whether that demand produces pleasure or pain."

Lawrence Murphy, a research psychologist for the National Institute for Occupational Safety and

See TEST, page 22

**'Stress levels do seem to be going up in general.'**

— David Furst,  
SJSU stress management professor

## Relax: Learn to cope with pressure

By LARRY ARAGON,  
In Depth '87

The odds of reducing stress with biofeedback are higher than curing a cold with chicken soup. But biofeedback and other stress reducers have yet to become as popular as the old-fashioned cold remedy.

Still, enrollment is up in stress management classes, and more people are learning that they may reduce their chances of getting sick by keeping their stress levels down.

The idea that stress plays a role in illness has been around for some time, according to Dr. David Maron, director of the Preventive Medicine Clinic at Stanford University.

"It's pretty well accepted" that stress weakens the body and makes it more susceptible to disease," Maron said. "(However,) anything in this area is controversial. It's hard to measure stress . . . (and) physicians don't like uncertainty."

"It's much more pleasing to

find a physical, organic ailment and treat it than to be confronted with an intangible — something that you can't feel and you can't see," he said.

The physiological changes that occur when the body is under stress are the result of the "fight or flight response" which evolved in primitive man, according to Roger Allen, author of three stress books and an associate professor of stress management at the University of Maryland.

See RELAX, page 22

## Mind &amp; body

# There's more than one way to beat stress

RELAX, from page 21

During the response, a number of physical changes take place. Probably the most serious reaction is the release of a hormone called cortisol, he said.

When under stress, a body prepares for the possibility of danger and begins production of cortisol, which breaks down fat and proteins to provide fuel for fighting or fleeing, Allen said.

One of the most detrimental effects of cortisol is that it impairs the body's immunity by destroying proteins which are needed to produce lymphocytes or white blood cells. Lymphocytes, which protect the body against infection, do not live long and must be manufactured continuously.

Cortisol also destroys vitamins, enzymes and antibodies because they are made of protein, he said.

"The majority of diseases aren't directly caused by stress," Allen said. "They are helped by it."

"Stress doesn't cause herpes. You've got to have the virus," he explained. "But, what stress can do is weaken the body so that you are more likely to be susceptible to it."

Allen compares the body's reaction to stress to someone who runs out of fuel in winter and begins to burn anything made of wood in his house to keep warm.

The body assumes that when it is under stress it is in a dangerous situation even though that often is not the case.

Stress management classes at SJSU and other universities teach people to be aware of this indiscriminate nature of the stress response and how to relax the body to reduce its negative effects.

## Letting go

Prof. David Furst suggests several strategies to his class at SJSU.

"I try to give them a variety of stress management techniques, such as progressive relaxation, autogenic training and meditation, and let them choose the one that fits best for them," he said.

Progressive relaxation is the systematic tensing and relaxing of different muscles and muscle groups, Furst said. It was developed by Dr. Edmund Jacobson in the 1930s.

"What he found was that people get used to carrying around a certain amount of tension, and they don't realize that they're tense," Furst said.

"In order to make people aware of their tension, (Jacobson) has you tense a muscle group, then relax it, and you see the contrast between the two feelings."

Autogenic training is a relaxation technique which emphasizes warmth and heaviness in the limbs.

"When I do it for the class, I tell them: 'Your arms are getting heavy. Your arms are getting heavy. Your arms are getting

## Interpretation: Pressure is all in the mind

TEST, from page 21

Health in Ohio, thinks Selye's definition is important because it states that stress occurs during what most people consider positive moments (marriage) as well as during negative moments (a death in the family).

However, researchers now focus less on stressors, as Selye did, and concentrate on the individual's interpretation of a stressful event, Murphy said.

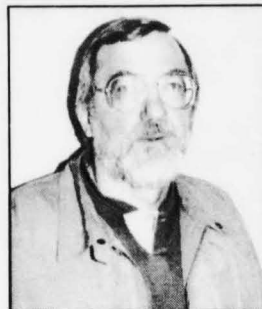
"That's been one of the major advances in (stress research) over the last 15 years," Murphy said. "We now sense

that it is not so much the objective environment, but, moreso, how you perceive it."

"Giving a speech before a large audience can debilitate one person, but serve as a motivation for another."

Prof. Sam Radelfinger, co-founder of SJSU's stress management course, agrees.

"Not that the old (model) was wrong," he said, "but, the more sophisticated view now is that . . . stress occurs when a person interprets a situation as being a threat and they don't have the resources to cope with it."



Sam Radelfinger  
stress management prof.

warm . . . Furst said. "After they're really relaxed, I ask them to call up a scene and imagine it in as much detail and as much depth as possible."

Meditation is a way to relax by focusing one's thoughts.

Furst teaches a form of meditation called "the relaxation response," developed by Dr. Herbert Benson.

"What Benson did was try . . . to take out the most applicable parts of meditation," Furst said. "Meditation in general is

self-statement, you can help yourself get out of situations in which you are winding yourself down into a depression spiral."

## Getting wired

Some stress management professors prefer a more high-tech approach.

Theodore Steiner, a San Francisco State University psychology professor, suggests biofeedback to reduce stress. Steiner has taught "Psychology of

relax (his or her) muscles very well and say 'Now I'm relaxed,' but (he or she) also may be producing a lot of what is called peripheral vascular constriction at the same time," he said. "I saw one person who was getting migraine problems doing just that . . . And only by putting her on the instruments did she know that."

## 'Grecian' formula

Stress management professors aren't the only health educators with stress-fighting suggestions.

Bruce Ogilvie, a retired SJSU psychologist and author of five books and about 160 articles about stress and the "high performance person," suggests a four-point "Grecian" philosophy to reduce stress:

- Take responsibility for your life:
- "One of the great killers in all diseases we look at is a feeling

of loss of control," Ogilvie said. "The best example of that is depression. When the individual feels the world as being in control of them, they are helpless."

- Maintain a good diet:
- "We know the effect of nutrition," Ogilvie said. "You can sit down and have your dietary habits studied for a very modest fee than abide by the expert."

- Find out what makes you happy:

"Where do you find fulfillment?" he said. "What is the nectar of life for you?"

- Exercise on a regular basis:
- "We know from all the evidence of the exercise physiologists and the biomechanists and others that 40 minutes, three times a week of aerobic training has a significant psychological effect," he said.

"It has to be a complete program," Ogilvie said. "I don't think you can omit any of the major four . . . It's like meditating and not using the data from your meditation to modify your life. That's a waste."

## Work it out

Dr. David Maron, of Stanford University, also suggests exercise as a stress-reducer for his patients.

"Exercise is definitely different than meditation, but the end result may be the same or similar," Maron said.

Exercise relaxes muscles, reduces heart rate and lowers blood pressure, he explained.

Maron also suggests talking to friends, family and spouses about problems which may be causing stress.

"It's really important to let go of the things building up inside," he said.

**'Exercise is definitely different than meditation, but the end result may be the same or similar.'**

—Dr. David Maron,  
Director of the Preventative Medicine Clinic,  
Stanford University

locked up with a lot of different religions and rituals and mantras and robes and incense and all this stuff. And, (Benson) said you don't need any of that."

To create the relaxation response a person needs a quiet environment, a mental device, a passive attitude and a comfortable position, Furst said.

A mental device enables a person to slip into a trance by repeating a sound (silently or verbally) or staring at an object.

Having a "passive attitude" is the most important part of the relaxation response, Furst said. "When distracting thoughts occur — and they will occur — you don't worry about them. You don't get upset that you aren't doing it right."

Furst also teaches his class that having a positive attitude about life can reduce stress.

"A lot of people say a lot of negative things to themselves," he said. "It's called negative self-talk. If you catch yourself early saying those things to yourself and substitute some type of positive

Biofeedback Processes" at SFSU for 10 years.

Biofeedback is a technique which enables a person to control involuntary body functions by using an electronic device to monitor heart rate, skin temperature, muscle tension and brain waves.

Steiner uses a procedure called "systematic desensitization" with biofeedback to teach people to cope with stressful situations.

For example, if a person has a phobia about public speaking, Steiner will attach the biofeedback equipment to the person and ask him or her to imagine speaking before an audience. By watching his or her heart rate on a monitor, the person can learn to slow it down and relax, he said.

"One of the big values of biofeedback, relative to meditation or, say general relaxation, is that everyone comes into the situation with a preconceived notion of what relaxation is," Steiner said.

Sometimes, a person may think he or she is relaxing, but actually that person is tense, he said.

"For example a person may

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## Mind &amp; body

# Heart disease still the nation's leading killer

By LISA BOBADILLA,  
In Depth '87

Despite all the media attention given them, acquired immune deficiency syndrome and cancer are not the most prevalent of diseases.

Heart disease remains the nation's No. 1 killer.

Between 800,000 and 900,000 Americans die from heart disease each year. More people die of cardiovascular disease than other diseases combined, said John LaBissonieri, spokesman for the Santa Clara County chapter of the American Heart Association.

"We are shooting for prevention rather than treatment. Dietary modification and exercise are very important in the college-age group," LaBissonieri said.

Atherosclerosis, a cardiovascular condition in which the arteries harden due to deposits, is the one heart condition which is linked to diet, said Kathryn Sucher, registered dietitian and associate professor at SJSU. Atherosclerosis is the disease which underlies most heart attacks and strokes.

High blood cholesterol, one of the major risk factors in atherosclerosis, contributes to the disease as cholesterol builds up, forming deposits and clogging the arteries over time.

In some people, a diet high in cholesterol will produce high blood cholesterol, Sucher said. Those people are the ones who

**'Dietary modification and exercise are very important in the college-age group.'**

—John LaBissonieri,  
American Heart Association

need to modify cholesterol and fats in their diets, she said.

"The other (cardiovascular) diseases are not dietary — they are hereditary. Atherosclerosis is primarily concerned with diet," she said.

Last month, a federally sponsored panel, the National Cholesterol Education Project, issued guidelines that would greatly increase cholesterol screenings by recommending testing of all adults over the age of 20.

The panel recommended that previous guidelines be tightened, since as many as one in four has blood cholesterol higher than recommended.

Americans older than 20-years old should aim for cholesterol levels below 200 milligrams

per decileter of blood serum. Those with levels of 200 to 239 mg/dl are considered borderline high, and do not require treatment unless they possess two other risk factors. Those with levels of 240 mg/dl or higher are at high risk, and should receive intensive treatment, possibly drug treatment in addition to diet therapy, the guidelines state.

Being male, family history of heart disease, obesity, smoking and post-menopause are risk factors for development of heart disease, Sucher said.

The National Institute of Health report stated that if cholesterol could be lowered nationwide, an estimated 300,000 lives a year could be saved.

Cholesterol-lowering treatments consist of either dietary modification or prescribed drugs, the guidelines state.

In dietary modification, Sucher said cholesterol and fats should be monitored and reduced, while fiber intake is increased.

The American Heart Association recommendations include exercise, monitoring sodium as well as cholesterol and fats, and increasing the intake of fish and vegetable products, LaBissonieri said.

"Our bodies produce cholesterol. We don't need to consume any," Sucher said.

"Forty percent of total calories consumed by Americans are derived from fat. It is desirable to decrease it to 30 percent," LaBissonieri said.

"But a balanced diet is important. People shouldn't go on fad-types of diets," he said.

To reduce cholesterol in the diet, the American Heart Association recommends:

- Avoiding foods high in cholesterol, or limit intake of them.
- Limiting sodium intake.
- Eating no more than two eggs per week. Eggs are cholesterol-dense, and research has shown that eggs raise the low-density

lipoprotein level, which is the most artery-clogging fraction of blood cholesterol.

- Avoiding frying of foods.
- Use cooking methods that remove fat — bake, boil, steam, roast.
- Consuming milk and cheeses low in fat or skim.
- Removing poultry skin and fat, which are cholesterol-dense.
- Increasing consumption of fish products.
- Increasing consumption of vegetable products.

## Students reducing their risk

Because of the link between certain food substances and heart disease, dietary changes to reduce the risk have become increasingly popular for more people.

At SJSU, students have become more aware of what they are eating, said Lorraine David, director of Spartan Shops Food Services.

"In the past year or two, students have been more conscious of foods which are good for them, rather than those which are just good-tasting. This is reflected in their food choices," she said.

Students are eating more vegetables and salads, less red meat and more chicken, David said.

"We don't control the students' diet. We offer the four basic food categories and they make their own choices.

We have dietitians work with us throughout the semester," David said.

Although it is not possible for Spartan Food Services to regulate the diets of SJSU students, Food Services has reduced the possibility of illness linked to the flavor enhancer, monosodium glutamate.

"There is no monosodium glutamate on this campus in food we prepare. The only possibility would be in some prepared items," she said.

David said the additive was eliminated from the on-campus food preparation one year ago, when some students became ill or had allergic reactions to MSG.

"I don't feel (MSG) is necessary. We can live with a less-enhanced flavor," David said.

—Lisa Bobadilla

# Dieters go too far in quest to be thin and fashionable

By LISA BOBADILLA,  
In Depth '87

Dieting is a national pastime. In this society "thin is in," and an estimated 20 million people are on a serious diet at any given time, according to the Harvard Medical School Health Letter.

But practices disguised as weight-reduction methods have developed into compulsions and sources of pain and shame for many people.

"Bulimia as a compulsive eating pattern was first diagnosed in 1980," said Ben Sher, administrative assistant at the Center for the Study of Anorexia and Bulimia in New York City. "Anorexia has occurred throughout the centuries, as far back as 1600. But both have become prominent in the past five or six years."

Bulimia is an eating pattern in which periods of heavy eating of high-caloric foods are followed by self-induced vomiting or some other purging mechanism. It affects 13 to 20 percent of all college-age women, said Lois Fiedler, director of SJSU's Food: A Women's Support Group, for women with eating disorders.

Guilt is a primary factor in eating disorders, Fiedler said. Not only used to rid a bulimic of food, purging rids one of the guilt of eating. However, purging does not necessarily mean vomiting. Laxatives, diuretics (substances which increase urine secretion), enemas, or even sleep are used as escape mechanisms from guilt.

Anorexia nervosa is self-deprivation

of food. Anorexics starve themselves, losing at least 25 percent of their normal body weight.

"In a way, anorexia nervosa is a form of suicide — and attention-getting," Roman said.

The obsession with thinness starts early. More than half of all teens diet, and 25 percent begin dieting before adolescence, she said. Ninety percent of anorexics are adolescents at onset.

With anorexia nervosa, muscles are wasted, sexual maturation stops and death may occur.

"Although both males and females are subject to the weight-watching phenomenon, bulimia and anorexia nervosa are almost entirely limited to women," said Sher.

More than 90 percent of bulimics and anorexics are women, and bulimia is no longer a "teen-age girl's disorder," he said.

"In the '70s and '80s, there is more stress on women than men to be thin. Men are allowed to be heavier," Sher said.

Resulting from specific psychological conflicts, the disorders do not necessarily affect everyone, Sher said.

Women who are overachievers or perfectionists are most susceptible to bulimia, because they feel the most pressure to maintain their images as stable, healthy, well-balanced people, Fiedler said.

"Women are expected to be achievers and providers in these times. They feel

pressure to have control over every aspect of their lives, including body size," Sher said.

"Because bulimics want to be perceived as perfect in all respects, they push themselves, abusing food to maintain the perfect image," said Rhonda Roman, SJSU nutrition counselor.

Men who are bulimic, although such cases are rare, are usually athletes or dancers whose professions depend on their body size, Sher said. These athletes include wrestlers and boxers who must fit into weight categories.

"It is common to learn to (purge) in sororities and dormitories, where there is pressure to look great and where there is a lot of competition," Roman said. "There is a lot of social pressure involved."

Many college students experiment with bingeing and purging, believing they will lose weight, with 13 to 20 percent turning to compulsions and 80 percent exhibiting bulimic tendencies. Many bulimics are of average weight, yet perceive themselves as fat, Roman said.

And though some people may purge only once or twice a year, it is a problem at any time, she said.

"However, there are a lot who need to lose 10 to 15 pounds, and once they lose the weight, they are motivated to lose more. People tell them how great they look, and they don't know when to stop," she said.

Because the disorders result from psy-

chological and emotional forces, the victims' views of themselves become so distorted that they do not realize they are out of control, said Fiedler.

Bulimics use food to cope with stress, not to satisfy hunger. Bingeing as a reaction to stress, then purging rids oneself of both the food and the guilt, Roman said.

"The habit takes hold and becomes a part of daily life and days revolve around the binge," Fiedler said.

Bulimics do not understand that they still absorb a lot of calories and do not lose weight, Roman said.

"Many do not stop until they are in severe pain," she said.

Because these are primarily emotional disorders, effective treatment of bulimics and anorexics should include psychotherapy, nutritional counseling and self-awareness techniques, Fiedler said.

"Through psychotherapy, the person is taught to cope with self-esteem and image," she said. "With nutritional counseling and behavior modification, they are taught to avoid bingeing, to eat healthfully and normally. Through self-awareness techniques, the person is taught to be aware of behavioral patterns and to work to change them."

"Self-esteem is important," Roman said. "It is half the battle. If people had better self-images they'd take better care of themselves. They should respect their bodies."

## Mind &amp; body

## Campus crowding incubates illnesses

By FRANK MICHAEL RUSSELL,  
InDepth '87

Spend enough time at SJSU and you're going to get sick.

Crowded conditions make the campus an ideal stomping ground for viruses which cause common respiratory illnesses such as colds and the flu, said a Student Health Service doctor.

And a more serious illness — measles — could spread so rapidly that university officials have declared it a high priority to prevent such an outbreak from ever happening.

But whether it's the cough and congestion that come with the cold or the run-down feeling and fever that accompany the flu, "just about every student will be ill at one time or another," said Dr. Robert Latta, associate director of the health service.

Campus health officials expect several cold and flu viruses to make their way around campus this academic year, like any other, Latta said. It's hard to tell how many students will come down with one or the other, though, because only about 50 percent of SJSU students use the service.

Latta said that students can take a number of steps to help prevent coming down with a nasty cold or flu bug:

- Maintain a nutritious, balanced diet.
- Have adequate rest and get enough sleep.
- Exercise in moderation.
- Learn how to effectively manage stress.

Everyday pressures can contribute substantially to health problems, Latta said. "All students are under stress. Some of them cope better than others."

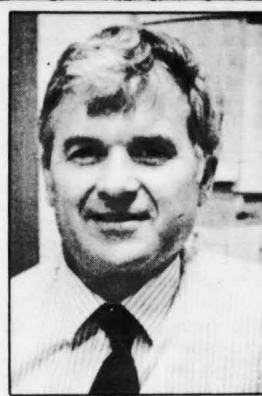
But for measles, it's a different story because of its more serious nature.

The disease, which starts with a sore throat, a high fever and small red specks all over the body, can result in brain inflammation or even death.

Since fall 1986, California State University officials have imposed a measles vaccination requirement. They're seeking to avoid a costly outbreak like those that occurred at Indiana University in 1983 and Dartmouth University in New Hampshire in 1984.

The CSU system requires proof of immunization for:

- Students born after Jan. 1, 1957.
- Students who live in campus residence halls.
- Students who went to elementary or high school outside the United States.



**'Just about every student will be ill at one time or another.'**

—Robert Latta,  
Health Service doctor

• Students enrolled in health science programs, in student teaching, or in field work involving preschool and school children.

"Everyone has to comply," said Kathleen Amirdash, acting associate director of Admissions and Records.

Otherwise, the office will put a hold on a student's registration and grades, Amirdash said.

"It's created quite a bit of work for us," she said. "It is something that is required of us, so we are doing it the best we can."

But that extra work could be well worth it, said Doris Lotz, a spokeswoman for Indiana University's student health center.

Lotz was director of nursing services when measles struck the the Bloomington, Ind. campus in 1983.

"It had a very big impact," Lotz said. Indiana University officials reported 179 cases of the disease on the 30,000-student campus.

The health center mobilized quickly once it realized measles had struck, Lotz said. "Within 24 hours, we had immunized 2,000 people."

The campus media were helpful in spreading the word that the disease presented a serious threat. Among the cases, the editor of the Indiana Daily Student contracted the illness and was sick for two weeks.

Measles shouldn't be taken lightly, Lotz said. "It's a highly communicable disease, particularly when people are brought onto a college campus from all over the world."

More than 26,000 shots of the vaccine, provided by Indiana's

state board of health and the Centers for Disease Control were eventually given to Indiana students.

"We stopped the outbreak, obviously," Lotz said.

If students had kept adequate records, the panic never would have happened, she said. "Most people on campus at that time did not know whether they had the disease or the proper immunization when they were younger."

Indiana University officials now require measles immunization of all their students and continue the vaccination program.

"We really promote it," Lotz said, adding that the school provides the shot free to incoming freshmen.

Here at SJSU, a widespread measles outbreak could effectively close down the campus, said health educator Oscar Battle.

The health service has been fighting a potential measles outbreak with a free immunization program.

"As long as that requirement is there, we have to make it available to students," Latta said.

SJSU is spending a fair amount of money to prevent such a thing, although an exact figure would be difficult to pinpoint, he said. The health service immunized more than 5,000 students during the 1986-87 academic year.

Santa Clara County's health department actually pays the cost of the vaccine leaving the health service to provide for some materials and staff time, Latta said.

## Proper mind, body condition equal fitness

By DARRIN EDWARD BAKER,  
InDepth '87

When the word "fitness" is mentioned, one usually thinks of a person in good physical condition. But in today's society, fitness covers much more than a well-shaped body.

The consensus among those in the fitness industry is that people who are in better shape do better vocationally and socially than those who are not.

The reason for that may be purely physical, but it can also be psychological: a person may feel better about himself because he is in better shape and, therefore, his overall lifestyle improves.

One such person who believes this philosophy is Joe Weider, the "Trainer of Champions" from Los Angeles. He publishes three monthly magazines: Muscle and Fitness, Men's Fitness and Shape.

All three magazines stress the fact that fitness is not just physical.

"Physical and mental fitness have always been the foundation of a full life," Weider said. "But only recently has it overcome the stigma of freakishness thrust on it by a leisure-obsessed society, which has viewed exercise as an excessive indulgence in narcissism and an invitation to injury."

Men's Fitness and Shape, a magazine for women, each have monthly articles on grooming, sex and mental development, as well as the usual exercise and nutrition arti-



cles. "All of these aspects of a person's life aren't separate from fitness," Weider said. "They are the essentials that make up his world. For my magazines to serve the public, it must explore all the components of everyday life."

Weider's editorial advisory board is stocked with knowledgeable people. Of its 17 members, 16 have doctorate degrees.

"In order for my magazines to be successful, I need the best people available," he said. "Besides, the only person on my board who doesn't have a doctorate, Arnold Schwarzenegger, knows a thing or two

about fitness."

Although fitness is not all physical, Weider said that physical fitness is the key to a good life.

"The man who approaches the joys and pitfalls of life without the clear eyes, springy step and self-assurance that comes from developing his body's potential is an incomplete man," he said.

With that in mind, lots of companies have started fitness programs. They reason that people who are in better shape feel better about themselves and, therefore, are more productive.

Rolm Corp. of Santa Clara is one of

Many people have started pumping iron and exercising during lunch hours and after work to maintain the proper balance between body and mind fitness.

JOE GOSEN — Special to InDepth '87

those companies. Ken Rowe, Rolm's communications manager, said that the program started about 12 years ago.

"The employees used to have yearly Christmas parties," Rowe said. "Since there were so many people, about 4,000, the company would have to rent two or three hotel ballrooms, which was expensive. Besides, the employees didn't like it because they weren't all together. They wanted something else."

Rowe said Rolm surveyed its employees to find out what they did want, and they chose a recreation center. They also chose what went into the program.

"They have swimming and aerobics classes, as well as a weight room," he said. Although Rowe would not disclose the exact cost of the program, he did say that it was less expensive than the yearly Christmas parties.

What are the benefits to this program?

Rowe said that the employees at Rolm perform better on the job.

"Our workers seem more alert and less tense," he said. "Besides, they're happy with the program, and people who are happy on the job usually work better."

There are also other benefits, Rowe said. Many Rolm employees have training in life-saving techniques such as cardiopulmonary resuscitation.

"There's also the personal satisfaction of being in good shape," he said. "That, more than anything, is worth it."